



Vitamin K Content of Common Foods

Low= Okay! **Med**= Eat Only in Moderation **High**= WATCHOUT!

Beverages	Serving Size	VIT K Content (µg/100gm)	VIT K Content (Low/Med/High)
Coffee	N/A		Low
Soda	12 oz		Low
Fruit Juice	8 oz		Low
Milk	8 oz		Low
Tea (black)			Low
Water (tap)	8 oz		Low

Meat/Eggs/Cheese	Serving Size	VIT K Content (µg/100gm)	VIT K Content (Low/Med/High)
Cheddar Cheese	3.5 oz	2.1	Low
Eggs	2 large eggs	0.3	Low
Beef	3.5 oz	2.4	Low
Chicken Breast	3.5 oz (roasted)	<0.01	Low
Turkey Breast	3.5 oz (roasted)	<0.01	Low
Ham	3.5 oz	<0.01	Low
Pork	3.5 oz	3.1	Low
Shrimp		<0.01	Low
Tuna	3.5 oz	0.03	Low
Mackerel	3.5 oz	5	Low

Breads/Grains	Serving Size	VIT K Content (µg/100gm)	VIT K Content (Low/Med/High)
Bagel (plain)	2 bagels (100g)	0.4	Low
Bread		1-8	Low



Cereal	3.5 oz		Low
Flour	¾ cup	0.6	Low
Oatmeal	½ cup	0.4	Low
Rice	½ cup	<0.01	Low
Saltines	33 crackers	3.6	Low
Pancakes	3 x 4" pancakes	6.5	Low
Spaghetti	3.5 oz	0.2	Low

Fruit	Serving Size	VIT K Content (µg/100gm)	VIT K Content (Low/Med/High)
Apple (Green)	Small Apple	60	Med
Apple (Red)	Small Apple	20	Low
Banana	1 medium	0.2	Low
Blueberries	½ cup	6	Low
Cantaloupe	2/3 cup (raw)	0.4	Low
Grapes	1 cup	8.3	Low
Grapefruit	½ medium	<0.01	Low
Lemon	2 medium	0.2	Low
Orange	¾ medium	<0.01	Low
Peach	1 medium	2.1	Low

Vegetables	Serving Size	VIT K Content (µg/100gm)	VIT K Content (Low/Med/High)
Asparagus	7 spears	80	Med
Avocado	1 small		Med
Green Beans	¾ cup	16	Low
Broccoli	½ cup	113	High
Brussels Sprouts	5 sprouts	289	High
Cabbage	2/3 cup fresh, boiled	98	Med



Red Cabbage	2/3 cup		Med
Carrot	2/3 cup fresh, boiled	15	Low
Cauliflower	1/2 cup	20	Low
Celery	2.5 stalks	32	Low
Cole Slaw	3/4 cup	100	High
Collard Greens	1/2 cup	440	High
Corn	2/3 cup	0.	Low
Cucumber (w/o peel)	1 cup	2.2	Low
Eggplant	1/ cup	2.9	Low
Endive (raw)	2 cups chopped	231	High
Green Scallion (raw)	2/3 cup chopped	207	High
Kale (raw leaf)		817	High
Lettuce (raw, bib, red leaf)		210	High
Lettuce (raw, Iceberg)		31	Low
Mushroom	1 1/3 cup	0.06	Low
Mustard Greens (raw)	1 1/2 cup		High
Okra (fresh/frozen, boiled)	1/2 cup	40	Med
Onion (white)	2/3 cup chopped	0.3	Low
Parsley	1 1/2 cup raw leaf	540	High
Peas	1/2 cup	24	Low
Pepper (green, raw)	1 cup chopped	2.5	Low
Potato w/ skin	1/2 potato baked	1.1	Low
Pumpkin			Low
Sauerkraut	1/2 cup canned	13	Low
Spinach	1/2 cup boiled	360	High



(raw leaf)			
Tomato	1 red tomato raw	3	Low
Turnip Green (raw)			High
Watercress (raw)	3 cups	250	High

Condiments/ Oil/ Fats	Serving Size	VIT K Content (µg/100gm)	VIT K Content (Low/Med/High)
Sugar (white)	½ cup	<0.01	Low
Butter			Low
Sour Cream	8 Tbsp	1	Low
Jello	1/3 cup	0.02	Low
Dill Pickle	1.15 large pickle	13	Low
Yogurt	3.5 oz	3.0	Low
Margarine	7 Tbsp		Med
Mayonnaise	7 Tbsp		High
Oils (canola, salad, soybean)	7 Tbsp	140-190	High
Oils (olive)	7 Tbsp	28	Low
Oils (peanut, safflower, sunflower, corn, sesame)	7 Tbsp	3-15	Low
Honey	5 Tbsp	<0.01	Low
Peanut Butter	6 Tbsp	0.3	Low

Key to successful Coumadin Control

- Do not eat too much Vitamin K
- Eat **CONSISTENTLY** the same amount of Vitamin K a week
- Inform your Doctor if you have any changes to your diet