

Vitamin K in Foods

These foods are low in vitamin K.

- | | |
|--|--|
|  Artichoke |  Okra (½ cup cooked) |
|  Avocado (½ cup) |  Onions |
|  Bananas |  Parsnips |
|  Black beans |  Peas (½ cup) |
|  Carrots |  Potatoes |
|  Cauliflower |  Pumpkin |
|  Celery |  Radish |
|  Cilantro (garnish) |  Red cabbage |
|  Corn |  Summer squash |
|  Cucumber |  Sweet potato |
|  Garbanzo beans (main hummus ingredient) |  Tomato |
|  Green beans |  Tuna (light, in water) |
|  Green peppers |  Turnips |
|  Mushrooms (white) | |

These foods are high in vitamin K.

- | | |
|---|--|
|  Amaranth leaves |  Lettuce (radicchio) |
|  Asparagus (canned, 1 cup) |  Mustard greens |
|  Broccoli |  Soybeans |
|  Brussels sprouts |  Spinach (including items with spinach like pasta or souffle) |
|  Coleslaw (fast food) | |
|  Collard greens |  Swiss chard |
|  Canned beef stroganoff soup |  Tuna fish in oil |
|  Endive (1+ cup) |  Turnip greens |
|  Garden cress (1 cup) |  Vegetable drinks (juiced with greens) |
|  Kale | <i>Some examples: Green Machine, Green Goodness, Original Superfood</i> |
|  Kiwifruit (1 cup) | |

These foods have less than 35 mcg of vitamin K per serving. People on warfarin need consistent levels of vitamin K each day. The foods shown here, when eaten in normal portion sizes, are less likely to affect your INR.

Foods on this list contain 60+ mcg of vitamin K per serving. People on warfarin need consistent amounts of vitamin K. These foods are more likely to affect your medication results when eaten inconsistently or in larger portion sizes.

Source: USDA Nutrient Database, V.27


StopAfib.org

StopAfib.org is collaborating with the American Heart Association to support those living with atrial fibrillation.