

# Vitamin K Content of Common Foods

## Key to Vitamin K Content

Low (shaded blue)	0 - 10 mcg
Medium (shaded yellow)	11 - 99 mcg
High (shaded pink)	Greater than 100 mcg

## Vegetables

Vegetables are one of the important food groups to watch for vitamin K content. Green leafy vegetables are high in vitamin K. Other vegetables high in vitamin K include brussel sprouts. Many other vegetables have a medium amount of vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Asparagus	1 cup (raw)	56
Avocado	1 cup (raw)	30
Broccoli	1 cup (raw)	89
Brussel Sprouts	1 cup (raw)	156
Cabbage (Green)	1 cup (raw)	53
Cabbage (Red)	1 cup (raw)	34
Carrots	1 cup (raw)	15
Cauliflower	1 cup (raw)	16
Celery	1 cup (raw)	35
Cilantro	1 cup (raw)	50
Cilantro	10 sprigs	3
Cole Slaw	1 cup	89
Collard Greens	1 cup (raw)	184
Corn	1 cup (cooked)	Less than 1
Cucumber	1 cup (raw)	9
Dill Pickles	1 cup	26

Food	Serving Size	Vitamin K (in mcg)
Dill Pickles	1 spear	6
Eggplant	1 cup (cooked)	3
Endive (Belgian)	1 cup (raw)	61
Endive (chicory)	1 cup (raw)	61
Escarole	1 cup (raw)	59
Garlic	1 cup (raw)	2
Garlic	1 clove	Less than 1
Green Beans	1 cup (raw)	16
Green Onions	1 cup (raw)	207
Kale	1 cup (cooked)	1054
Lettuce (Iceberg)	1 cup (raw)	13
Lettuce (Romaine)	1 cup (raw)	63
Mushrooms	1 cup (raw)	Less than 1
Mustard Greens	1 cup (raw)	279
Onions (Yellow)	1 cup (raw)	Less than 1
Parsley	1 cup (raw)	984
Parsley	10 sprigs	16
Peas	1 cup (raw)	36
Peppers (Green or Red)	1 cup (cooked)	13
Potato (peel eaten)	1 cup (baked)	2
Pumpkin	1 cup (cooked)	2
Sauerkraut	1 cup (cooked)	81
Seaweed (dried)	1 cup	28
Spinach	1 cup (raw)	145
Spinach	1 cup (cooked)	884
Swiss Chard	1 cup (raw)	299
Tomato	1 cup (raw)	14
Turnip Greens	1 cup (cooked)	526
Watercress	1 cup (raw)	85
Zucchini	1 cup (raw)	5

**Beverages**

Most beverages are low in vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Beer	12 fluid oz.	Less than 1
Coffee	6 fluid oz.	Less than 1
Cola	12 fluid oz.	Less than 1
Milk	1 cup (whole)	Less than 1
Orange Juice	1 cup	Less than 1
Tea	6 fluid oz.	Less than 1
Water	8 fluid oz.	Less than 1
Wine	3.5 fluid oz.	Less than 1

**Fats and Oils**

Fats and oils eaten in small amounts are low in vitamin K. However, large amounts can have a medium to high amount of vitamin K. Sometimes, you may eat more vitamin K than you realize, like when you eat salads that use a lot of oil or mayonnaise such as potato salad or cole slaw.

Food	Serving Size	Vitamin K (in mcg)
Butter	1 cup	16
Butter	1 tablespoon	1
Canola Oil	1 cup	55
Canola Oil	1 tablespoon	4
Corn Oil	1 cup	4
Corn Oil	1 tablespoon	Less than 1
Margarine	1 cup	211
Margarine	1 tablespoon	13
Mayonnaise	1 cup	93
Mayonnaise	1 tablespoon	6
Olive Oil	1 cup	130
Olive Oil	1 tablespoon	8
Peanut Butter	1 cup	2

Food	Serving Size	Vitamin K (in mcg)
Peanut Butter	1 tablespoon	Less than 1
Peanut Oil	1 cup	2
Peanut Oil	1 tablespoon	Less than 1
Safflower Oil	1 cup	16
Safflower Oil	1 tablespoon	1
Sesame Oil	1 cup	30
Sesame Oil	1 tablespoon	2
Soybean Oil	1 cup	431
Soybean Oil	1 tablespoon	27

**Meats**

Meat is low in vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Bacon	1 cup (diced)	Less than 1
Beef	1 cup (diced)	2
Beef Liver	1 cup (diced)	5
Chicken	1 cup (diced)	3
Chicken Liver	1 cup (diced)	3
Duck	1 cup (diced)	6
Fish	1 cup (diced)	Less than 1
Lamb	1 cup (diced)	6
Pork	1 cup (diced)	Less than 1
Shrimp	1 cup (diced)	Less than 1
Turkey (dark meat)	1 cup (diced)	5
Turkey (light meat)	1 cup (diced)	Less than 1
Venison	1 cup (diced)	2

**Fruits**

Most fruits are low in vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Apple	1 cup	3
Banana	1 cup	Less than 1
Blueberries	1 cup	28
Cantaloupe	1 cup	4
Grapefruit	1 cup	Less than 1
Grapes	1 cup	23
Lemon	1 cup	Less than 1
Lime	1 cup	Less than 1
Mango	1 cup	7
Orange	1 cup	Less than 1
Peach	1 cup	4
Pear	1 cup	7
Raspberries	1 cup	10
Strawberries	1 cup	3
Watermelon	1 cup	Less than 1

**Nuts**

Nuts have a low to medium amount of vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Almonds	1 cup	Less than 1
Cashews	1 cup	45
Hazelnuts	1 cup	16
Macadamia	1 cup	Less than 1
Peanuts	1 cup	Less than 1
Pecans	1 cup	3
Pistachios	1 cup	17
Walnuts	1 cup	3

**Grain Products and Legumes**

Bread and grain products such as oatmeal, rice, and legumes, like beans and lentils, are low in vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Bagel (plain)	1 each	1
Beans (black)	1 cup	3
Beans (white)	1 cup	6
Bread (assorted)	1 slice	Less than 1
Flour (white)	1 cup	Less than 1
Flour (whole wheat)	1 cup	2
Lentils (cooked)	1 cup	3
Oatmeal	1 cup	1
Pasta	1 cup	Less than 1
Rice (brown)	1 cup	1
Rice (white)	1 cup	Less than 1
Rice (wild)	1 cup	Less than 1

**Dairy**

Dairy products are low in vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Cheese	1 cup	3
Cream	1 cup	8
Egg (cooked)	1 (large)	1
Eggs (cooked)	1 cup	4
Ice Cream (chocolate)	1 cup	Less than 1
Ice Cream (vanilla)	1 cup	Less than 1
Milk (2%)	1 cup	Less than 1
Milk (non-fat)	1 cup	Less than 1
Milk (whole)	1 cup	Less than 1
Yogurt	1 cup	Less than 1

**Diet Supplement Products**

Vitamin K is added to many products used by people who want to diet or need nutritional supplements. Examples of these types of products include Slim Fast®, Instant Breakfast®, Boost®, and Ensure®.

The contents of these products can change frequently. Check labels carefully! If you have questions please ask your health care provider.

The information found in this table was derived using the USDA “What’s in the Foods You Eat Search Tool” available at: [http://199.133.10.140/codesearchwebapp/\(tkeac3quimopqyyyi3ooemy\)/codesearch.aspx](http://199.133.10.140/codesearchwebapp/(tkeac3quimopqyyyi3ooemy)/codesearch.aspx). You can also access this from: <http://www.ars.usda.gov/services/docs.htm?docid=12096>.