

# Vitamin K

## What Does Vitamin K Do?

Vitamin K helps your blood clot. Vitamin K also plays a role in bone health and the growth of cells throughout your body.

## How Do You Get Vitamin K?

The healthy bacteria in your colon make a small amount of vitamin K. Most vitamin K comes from food.

## How Much Vitamin K Do You Need?

Healthy men need 120 micrograms (mcg) of vitamin K each day. Healthy women need 90 mcg each day.

## How Much Vitamin K Is Too Much?

A Tolerable Upper Intake Level (UL) has not been set for vitamin K. This means there is no known, specific limit on the amount of vitamin K that healthy people can safely have.

## If You Take Blood-Thinning Medicine

Vitamin K can affect the thinness of your blood. Therefore, if you are taking blood-thinning medicine—such as warfarin (brand name Coumadin)—you need to monitor how much vitamin K you get from food:

- You **do not** need to stop eating all foods with vitamin K.
- You **do** need to eat about the same amount of vitamin K each day. This way your doctor can adjust your dose of warfarin to keep your blood at the right thinness.
- **Consistency is key for vitamin K!**

## Tips for People Taking Warfarin

- Review the list of vitamin K foods at the end of this handout. Pay special attention to the foods listed in **bold**. They are the highest in vitamin K.
- Write down everything you eat for 3 or 4 days. Then compare your record to the list of vitamin K foods to see how much vitamin K you usually eat each day.
- Eat about the same amount of vitamin K each day. Avoid eating a lot of vitamin K one day, and then none the next.
- Each morning, think about the vitamin K foods you will eat that day. Then stick to that plan.
- Some people find it helpful to avoid the foods containing more than 200 mcg vitamin K (foods that are very high in vitamin K). This helps them get about same amount of vitamin K each day the next.
- Aim for the recommended amount of vitamin K each day. That's 120 mcg per day for men and 90 mcg per day for women.



## Which Foods Have Vitamin K?

Food	Serving Size	Vitamin K (mcg)
Artichoke, cooked	1 cup	25
Asparagus, cooked	4 spears	48
<b>Beet greens, cooked</b>	<b>½ cup</b>	<b>348</b>
Blackberries or blueberries, raw	1 cup	29
Black-eyed peas, cooked	½ cup	31
Broccoli	½ cup	110 (cooked), 45 (raw)
Brussels sprouts, cooked	½ cup	109
Cabbage, cooked	½ cup	81
Celery, raw	1 cup	35
<b>Collard greens, cooked</b>	<b>½ cup</b>	<b>418</b>
Cucumber, raw	1 large	49
Grapes (red or green)	1 cup	23
Green beans, cooked	½ cup	20
<b>Kale, cooked</b>	<b>½ cup</b>	<b>531</b>
Kiwi	1 medium	30
Lettuce (green leaf), raw	1 cup	97
<b>Mustard greens, cooked</b>	<b>½ cup</b>	<b>210</b>
Oil, canola or olive	1 tablespoon	8–10
Okra, cooked	1 cup	64
Parsley	1 tablespoon	62
Peas	½ cup	24
Prunes, stewed	1 cup	65
Scallions (including bulb and green tops), raw	½ cup	104
Soy beans or mung beans, cooked	½ cup	16–17
<b>Spinach, cooked</b>	<b>½ cup</b>	<b>444</b>
Spinach, raw	1 cup	145
Strawberries, sliced	1 cup	23
<b>Swiss chard, cooked</b>	<b>½ cup</b>	<b>286</b>
Tuna, canned	3 ounces	37
<b>Turnip greens, cooked</b>	<b>½ cup</b>	<b>265</b>