

Vitamin K in the Foods We Eat

- *Vitamin K is important for blood clotting and bone health.*
- *If you take medication to thin your blood, it is important to be aware of the Vitamin K content of the foods you eat.*
- ***You should not avoid foods high in Vitamin K,** but rather be consistent with how you choose them. For example: If broccoli is one of your favorite vegetables, simply choose to eat it on a regular basis - once a week, twice a month, whatever you decide.*

FOOD ITEM*	LOW	MEDIUM	HIGH
Bread, Cereal, Rice, Pasta (6oz per day)	Breads, cereals, flours, oatmeal, white rice, pasta	Wheat bran, whole wheat flour	Wheat bran, whole wheat flour
Fruits (2 cups per day)	All fruits		
Vegetables (3 cups per day)	Beet, carrot, celery, corn, eggplant, green pepper, mushroom, onion, potato, pumpkin, tomato	Asparagus, avocado, red cabbage, coleslaw, dill pickles, green beans, green peas, sauerkraut	Broccoli, brussel sprouts, cauliflower, green cabbage, collard greens, cucumber, endive, green onions, kale, lettuce, mustard greens, nettle leaves, parsley, seaweed, spinach, turnip greens, watercress
Dairy Products (3 cups per day)	Milk, yogurt, cheese, sour cream		
Meat, Meat Alternatives, Fish, Poultry, Beans (up to 6oz per day)	Beef, chicken, turkey, pork, fish, shellfish, eggs, peanut butter	Beans: soy, kidney, pinto, garbanzo, lentils	Liver: beef, chicken, pork
Fats and Oils (up to 4-6 tsp per day)	Oils: corn, peanut, safflower, sesame, sunflower, margarine, mayonnaise	Oils: olive	Oils: canola, soybean
Beverages	Brewed coffee, black tea, soda (regular and diet), all fruit juices, milk		Green tea, juice of any vegetables in the 'high' category of this list

* All food group servings based on a 2,000 calorie eating plan. Please talk to your dietitian or go to www.MyPyramid.com to get a thorough explanation of food group serving sizes and the amounts that best suit your needs.