

## Vitamin K Content of Selected Foods

**IMPORTANT NOTICE:** This list is NOT a list of foods to avoid. ClotCare Online Resource has provided this list for informational purposes only. This list provides information on the vitamin K content of certain foods. As such, it may be helpful in making consistent dietary decisions. This list was created from information provided by Bristol Myers Squibb, the maker of Coumadin. In using this information from ClotCare, you, the user, acknowledge and accept our Terms, Conditions, and Privacy Statement, which can be viewed on our website at <http://www.clotcare.com/clotcare/index.aspx?page=termsconditionsprivacy.aspx>.

	<b>Vitamin K Content</b>		
<b>Foods</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>
<i><b>Vegetables</b></i>			
	Green beans	Asparagus	Broccoli
	Carrots	Avocado	Brussels sprouts
	Cauliflower	Red Cabbage	Cabbage
	Celery	Green peas	Collard greens
	Corn		Endive (raw)
	Cucumber (peel removed)		Kale (raw leaf)
	Egg plant	Lettuce (iceberg)	Lettuce (bibb, red leaf)
	Mushrooms		Mustard greens (raw)
	Onions		Parsley
	Green pepper		Spinach
	Potato		Turnip greens (raw)
	Pumpkin		Watercress (raw)
	Sauerkraut (canned)		Swiss chard
	Tomato		
<i><b>Fruits</b></i>			
	Apple		
	Banana		
	Blueberries		
	Cantaloupe		
	Grapes		
	Grapefruit		
	Lemon		
	Orange		
	Peach		
<i><b>Meats</b></i>			
	Beef		
	Chicken		
	Ham		
	Mackerel		
	Pork		

	Shrimp		
	Tuna		
	Turkey		
<b><i>Fats and Oils</i></b>			
	Corn oil	Margarine	Mayonnaise
	Peanut oil	Olive oil	Canola oil
	Safflower oil		Soybean oil
	Sesame oil		
	Sunflower oil		
<b><i>Dairy products</i></b>			
	Butter		
	Cheese – cheddar		
	Eggs		
	Sour cream		
	Yogurt		
<b><i>Beverages</i></b>			
	Coffee		
	Cola		
	Fruit juices		
	Milk		
	Tea, black		Tea, green*
	Water		
<b><i>Grains, breads</i></b>			
	Bagel		
	Breads		
	Cereal		
	Flour		
	Oatmeal		
	Rice		
	Spaghetti		
<b><i>Misc.</i></b>			
	Honey	Pickle, dill	
	Jell-O Gelatin		
	Peanut butter		
	Sugar		

\* There is some controversy as to whether brewing green tea alters the vitamin K content and/or whether green tea may alter the effect of warfarin by some other mechanism.