

Vitamin K

Vitamin K is a necessary nutrient to have in your diet. It helps your body make proteins that help with blood clotting. If you have an increased risk for dangerous blood clots, you may be prescribed a blood thinner such as Warfarin (Coumadin). Taking certain medicines will require you to control the amount of vitamin K in your diet. If you are instructed to modify your diet to avoid large amounts of vitamin K, do not make any major changes to your diet. For example, if you normally eat a spinach salad for lunch, do not avoid it entirely. Instead, limit the number of times you have it in a week. Below is a list of foods that are high in vitamin K. Use this chart to help you keep track of how much vitamin K you are eating each day.

High Vitamin K Foods

<i>Food</i>	<i>Serving Size</i>	<i>Vitamin K (mcg)</i>
Kale, cooked	1/2 cup	531
Spinach, cooked	1/2 cup	444
Collards, cooked	1/2 cup	418
Swiss chard, raw	1 cup	299
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Mustard greens, raw	1 cup	279
Turnip greens, cooked	1/2 cup	265
Parsley, raw	1/4 cup	246
Broccoli, cooked	1 cup	220
Brussels sprouts, cooked	1 cup	219
Mustard greens, cooked	1/2 cup	210
Collards, raw	1 cup	184
Spinach, raw	1 cup	145
Turnip greens, raw	1 cup	138
Endive, raw	1 cup	116
Broccoli, raw	1 cup	89
Cabbage, cooked	1/2 cup	82
Green leaf lettuce	1 cup	71
Prunes, stewed	1 cup	65
Romaine lettuce, raw	1 cup	57
Asparagus	4 spears	48
Avocado	1 cup (cube, slice, puree)	30-48
Tuna, canned in oil	3 ounces	37
Blue/black-berries, raw	1 cup	29
Peas, cooked	1/2 cup	21

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.