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Vitamin K Regulated Diet Tips

Vitamin K helps your body make clotting factors, so large quantities of vitamin K will actually work against medications like warfarin, making it less effective at preventing clots. There is no need to stop eating vegetables completely; however, you should try to be consistent with the amount of vitamin K containing foods you eat and also avoid large quantities. The recommended dietary allowance for vitamin K is 65 mcg for women and 80 mcg for men. Some vitamin K the body uses is produced by bacteria in the digestive tract, but most comes from food. With proper food selection, a vitamin K regulated diet can be varied and adequate in all nutrients.

Vitamin K Content of Selected Foods

Very High	High	Medium	Low
Brussels sprouts	Basil	Apple, green	Apple, red
Chickpea	Broccoli	Asparagus	Avocado
Collard greens	Canola oil	Cabbage	Beans
Coriander	Chive	Cauliflower	Breads, grains
Endive	Coleslaw	Mayonnaise	Carrot
Kale	Cucumber (peel)	Nuts, pistachio	Celery
Lettuce, red leaf	Green onion	Squash, summer	Cereal
Liver	Lettuce, butter head		Coffee
Parsley	Mustard greens		Corn
Spinach	Soybean oil		Cucumber (no peel)
Swiss chard			Dairy products
Tea, black			Eggs
Tea, green			Fruit
Turnip greens			Lettuce, iceberg
Watercress			Meats, fish, poultry
			Pasta
			Peanuts
			Peas
			Potato
			Rice
			Tomato