

Monitoring Vitamin K in Your Diet

Vitamin K helps blood to clot. People taking medication to prevent excess clotting (“blood thinners” or anticoagulants-coumadin/ warfarin sodium), need to be aware of food sources of Vitamin K.

You do not need to avoid foods high in Vitamin K, just be consistent with your intake. It is important to keep your intake of Vitamin K containing foods steady on a daily or weekly basis. The list below can help you identify foods high in Vitamin K. If you don’t normally eat the foods listed below, don’t start eating them now.

Foods high in Vitamin K

Beverages

Green tea
Herbal teas containing Tonka beans,
melilot (sweet clover), mint, or sweet woodruff
Soymilk



Fats

Canola oil
Olive oil
Soybean oil

Supplements

Alfalfa tablets
High calorie high protein canned liquid supplements
High doses of Vitamin A (>1000 ug RE/day)
Vitamin E (>400 IU/day)
Vitamins containing Vitamin K



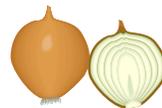
Vegetable Protein

Chick peas
Lentils
Mung beans
Soybeans
Tofu



Vegetables

Broccoli
Brussels sprouts
Cauliflower
Chinese cabbage
Chives (fresh)
Green peas
Green scallion
Kale
Mint
Mustard greens
Nettle leaves
Onions
Seaweed
Spinach
Swiss chard
Turnip greens
Watercress



Reviewed by Theresa Shepherd, MS, RD, CDN, CSO, 2/2018