



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Vitamin K

Content of Foods

High vitamin K (more than 100mcg)

Food	Serving	mcg
Broccoli	½ cup	110
Brussels sprouts	½ cup	109
Endive, raw	1 cup	116
Beet	½ cup	350
Greens, turnip	½ cup	265
Onions, green or scallion	½ cup	105



High vitamin K (more than 100mcg)

Food	Serving	mcg
Kale, fresh or frozen	½ cup	531
Kale, raw	½ cup	274
Parsley, raw	10 sprigs	164
Spinach	½ cup	444
Spinach, raw	1 cup	145



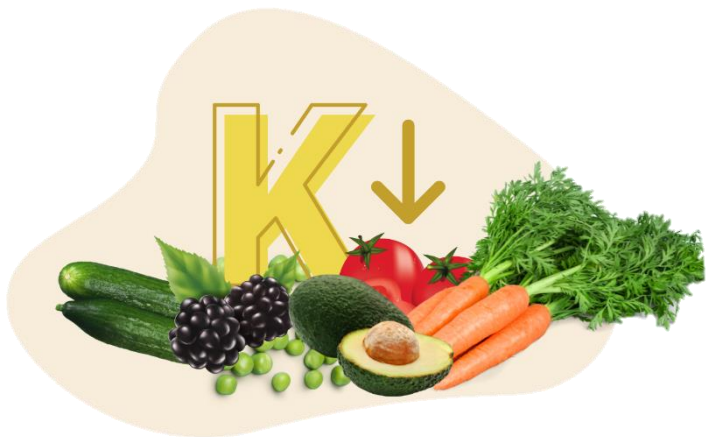
Moderate vitamin K (25-100mcg)

Food	Serving	mcg
Asparagus	5 spears	38
Asparagus, frozen	½ cup	72
Broccoli, raw	½ cup	45
Cabbage	½ cup	37
Dried peas, Blackeye	½ cup	32
Kiwi fruit	1 medium	31
Lettuce, green leaf	1 cup	63
Lettuce, romaine	1 cup	57
Okra, frozen	½ cup	44
Prunes, dried	5 each	25



Low vitamin K (less than 25mcg)

Food	Serving	mcg
Artichoke	1 medium	18
Avocado, raw	1 oz.	6
Beans, green or yellow	½ cup	10
Blackberries, blueberries	½ cup	14
Cabbage, raw	½ cup	21
Carrots	½ cup	11
Cauliflower, raw	½ cup	8
Celery, raw	½ cup	18
Cucumber, with peel	½ cup	9



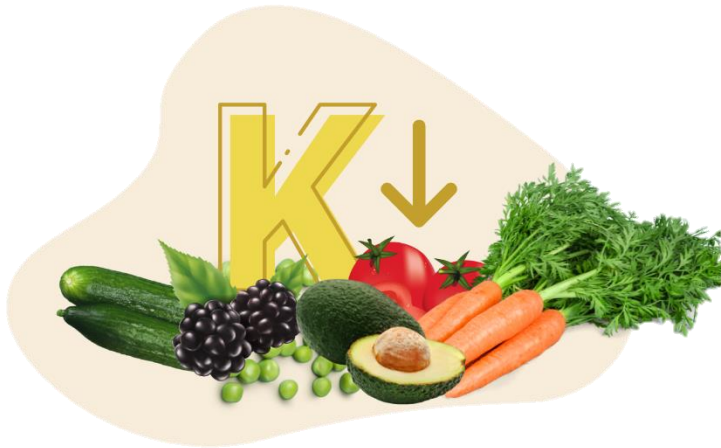
Low vitamin K (less than 25mcg)

Food	Serving	mcg
Mayonnaise	1 tablespoon	7
Nuts, pine, cashews	1 oz.	10
Oil, olive	1 tablespoon	7
Oil, such as soybean, canola	1 tablespoon	7-11
Papaya	1 medium	7
Parsley, dried	1 tablespoon	17
Pear	1 medium	7
Grapes	1 tablespoon	12



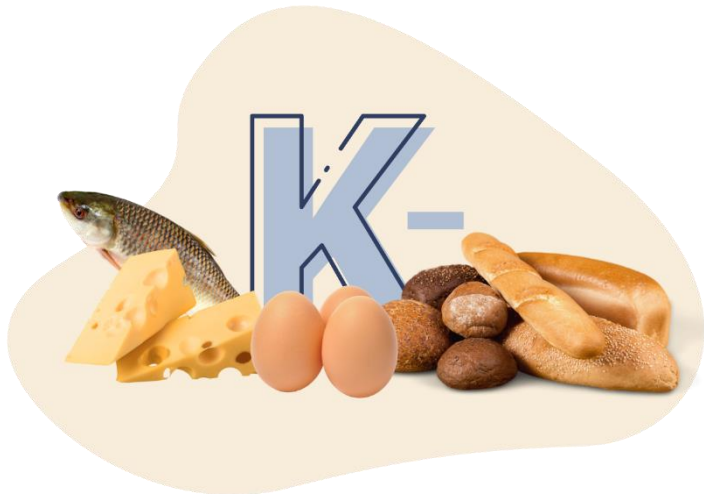
Low vitamin K (less than 25mcg)

Food	Serving	mcg
Mango	1 medium	9
Peas, green	½ cup	19
Seeds, pumpkin	1 oz.	13
Soy milk	1 cup	7
Soybeans	½ cup	16
Tomato sauce	½ cup	14
Tomato, raw	1 medium	1.



Vitamin K free (less than 5mcg)

Food	Serving
Bread and cereal products	1 oz. or ½ cup
Cheese, all types	1 oz.
Eggs	1 large
Fish and shellfish	3 oz.
Fruit: whole, canned, or juice, not previously listed	1 each or ½ cup



الأطعمة الشبه خالية من فيتامين ك (أقل من ٥

ميكروغرام)

Food	Serving
Meat and poultry	1 oz.
Milk and dairy products	1 cup
Nuts, not previously listed	1 oz.
Seeds, sunflower	2 tablespoon
Vegetables and vegetables juice, not previously listed	½ cup



Sources and References:

- Academy of Nutrition and Dietetics , nutrition care manual
2021 – 2022
- All illustrations are from Canva.com

Review and audit:

The content of this booklet has been reviewed by Clinical Nutrition
at King Fahad University Hospital.

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