

Food Sources of Vitamin K

Kale	Amaranth leaves	Collards	Mustard greens
Dandelion greens	Swiss chard	Spinach	Turnip greens
Lambquarters	Beet greens	Garden cress	Stinging nettles
Broccoli raab	Garland chrysanthemum	Escarole	Sweet potato leaves
Chicory greens	Brussels sprouts	Radicchio	Watercress
Leafy tips of bitter melon	Endive	Broccoli	Egg noodles with spinach
Cabbage	Drumstick leaves	Potherb jute	Pokeberry shoots
Pumpkin leaves	Spinach soufflé	Lettuce	Pesto sauce
Asparagus	Taro leaves	Arugula	Coleslaw
Spinach spaghetti	Snap beans	Parsley	Okra
Scallions or spring onions	Welsh onions	Green kiwifruit	Fennel bulb
Celery	Immature seeds of cowpea	Green peas	Egg rolls
Rhubarb	Salad dressing (prepared with soybean oil, canola oil, or olive oil)	Leeks	Edible-podded pea
Blackberry juice	Chokecherries	Carrot juice	Vegetable chow mein (without meat or noodles)
Prunes	Celeriac	Fava beans in pod	Edamame
Instant breakfast drink (vitamin K-fortified)	Rose hips	Blueberries	Blackberries
Cream of asparagus soup	Onion rings	Cauliflower	Fried plantains
Pomegranate juice	General Tso's chicken	Soybean oil	Immature seeds of pigeon pea
Lasagna	Abalone	Protein shake (vitamin K-fortified)	Nutrition shake (vitamin K-fortified)
Soybean lecithin	Pomegranates	Hash browns	Soybeans
Cream of celery soup	Blueberry muffins (not low fat)	Salmonberries	Sweet and sour pork
Grapes	Chunky vegetable soup	Narrow leaf shoots of cattail	Artichokes
Parsnips	Sweet and sour chicken	Potato salad	Carrots
Spaghetti or marinara sauce	Vegetable lo mein (without meat)	Infant or child formula (vitamin K-fortified)	Nance fruit
Basil	Pine nuts	Mozzarella sticks	Red and white currants
Immature seeds of hyacinth bean	Tartar sauce	Margarine with soybean oil	Margarine-like spread with soybean oil
Cucumber with peel	Taco salad	Sweet pickle relish	Coriander leaves
Cottage cheese with vegetables			