

Oregon Medical Group
CoumaCare Vitamin K Food Content Chart
 (ug/100 g uncooked, edible portion)

High (> 150 ug)

Food Name	Portion	Vit K (ug)
Algae, hijiki		327
Broccoli, cooked	1/2 cup	270
Broccoli, raw	1/2 cup	205
Brussel sprouts	5 spouts	177
Chayote, cooked leaf	1/2 cup	270
Coriander, raw leaf	6 1/4 cups	310
Cucumber, raw peel only	1 cup	360
Endive, raw	2 cups chopped	231
Kale, raw leaf	3/4 cup	817
Lettuce, red leaf	1 3/4 cups	210
Mint, raw leaf		230
Mustard greens, raw	1 1/2 cups	170
Onion, green raw	2/3 cup	207
Parsley, raw leaf	1 1/2 cups	540
Soybean oil	7 Tbsp.	193
Spinach, raw leaf	1 1/2 cups	400
Swiss chard, raw leaf		830
Tea, green leaves dry	1 cup	1428
Turnip, raw greens	1 1/2 cups	251
Watercress, raw	3 cups	250