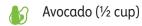


Vitamin K in Foods

These foods are low in vitamin K.



Nra (½ cup cooked)



Onions

Bananas

Parsnips

Black beans

→ Peas (½ cup)

Carrots

Potatoes

Cauliflower

A Pumpkin

Celery

***** Radish

🛵 Cilantro (garnish)

Red cabbage

Corn

Cucumber

Summer squash

Sweet potato

Garbanzo beans (main hummus ingredient)

Tomato

Green beans

Tuna (light, in water)

Green peppers

Mushrooms (white)

These foods are high in vitamin K.

Amaranth leaves

Asparagus

(canned, 1 cup)

Rroccoli Broccoli

Brussels sprouts

Coleslaw (fast food)

Collard greens

Canned beef stroganoff soup

Findive (1+ cup)

Garden cress (1 cup)

썙 Kale

Kiwifruit (1 cup)

Lettuce (radicchio)

Mustard greens

Soybeans

Spinach (including items with spinach like pasta or souffle)

Swiss chard

Tuna fish in oil

Turnip greens

Vegetable drinks
(juiced with greens)
Some examples: Green
Machine, Green Goodness,
Original Superfood

These foods have less than 35 mcg of vitamin K per serving. People on warfarin need consistent levels of vitamin K each day. The foods shown here, when eaten in normal portion sizes, are less likely to affect your INR.

Foods on this list contain 60+ mcg of vitamin K per serving. People on warfarin need consistent amounts of vitamin K. These foods are more likely to affect your medication results when eaten inconsistently or in larger portion sizes.

Source: USDA Nutrient Database, V.27



StopAfib.org is collaborating with the American Heart Association to support those living with atrial fibrillation.