

VITAMIN K

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Introduction

Human bodies cannot make Vitamin K; however, not all vitamin K needs to be obtained from food. Bacteria in the human gut can make it (as also is the case with biotin). Typically, about half our daily vitamin K needs can be made by gut bacteria.

Vitamin K

Vitamin K aids blood clotting, protects the heart, and helps to build bones.

Some proteins in bone and kidney are vitamin K dependent, so that vitamin K may have functions in these tissues as well.

Individuals who want to increase their Vitamin K intake can select foods which are high in Vitamin K.

Individuals, who wish to avoid Vitamin K because they are taking "warfarin type" - blood thinner, stroke preventer, medication(s) can avoid foods which are high in Vitamin K.

Typically, it is not necessary to take Vitamin K supplements, to achieve a high level of Vitamin K nutrition.

Daily Recommendation

Daily Recommended Vitamin K (phylloquinone=K1) - 80-120 µg

Safe and adequate daily intake of vitamin K (U.S.A.)

Infants:	10-20 micrograms
Children and adolescents:	15-100 micrograms
Adults:	70-140 micrograms

Another way of expressing vitamin K requirement is to say that about 2 micrograms per kilogram of body weight per day are needed; however, half of this could come from gut bacteria.

Toxic level of intake:

Many milligrams of natural vitamin K can be ingested by healthy adults without adverse effects. However, synthetic forms of vitamin K can be more of a problem in high dosages.

Vitamin K Content of Some Common Foods

Food	Vitamin K (micrograms per 100 grams of food)
Apples less than	5
Asparagus	21
Beans, green	22
Beef, mince	7
Beef, liver	100
Broccoli	100
Cabbage	100
Carrots	15
Cauliflower	150
Lettuce	200
Milk, cow's	5
Milk, cow's, skim	4
Oranges less than	5
Peas	19
Potatoes	20
Soya beans	190
Spinach	240
Strawberries	13
Wheat bran	80
Wheat germ	37

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Table - Vitamin K foods

Vitamin K Foods			
Description	Vit. K per measure µgrams	Weight grams	Common Measure
Vegetables			
Kale, frozen, cooked, boiled, drained, without salt	1,147	130	1 cup
Kale, cooked, boiled, drained, without salt	1,062	130	1 cup
Collards, frozen, chopped, boiled, drained, wo/ salt	1,059	170	1 cup
Spinach, frozen, chopped , boiled, drained, wo/ salt	1,027	190	1 cup
Spinach, canned, drained solids	988	214	1 cup
Spinach, cooked, boiled, drained, without salt	889	180	1 cup
Turnip greens, frozen, boiled, drained, wo/ salt	851	164	1 cup
Collards, cooked, boiled, drained, without salt	836	190	1 cup
Beet greens, cooked, boiled, drained, wo/ salt	697	144	1 cup
Turnip greens, cooked, boiled, drained, wo/ salt	529	144	1 cup
Mustard greens, cooked, boiled, drained, wo/ salt	419	140	1 cup
Brussels sprouts, frozen, boiled, drained, wo/ salt	300	155	1 cup
Broccoli, cooked, boiled, drained, without salt	220	156	1 cup
Brussels sprouts, cooked, boiled, drained, wo/ salt	219	156	1 cup
Onions, spring or scallions (includes tops, bulb), raw	207	100	1 cup
Dandelion greens, cooked, boiled, drained, wo/ salt	204	105	1 cup

Vitamin K Foods			
Description	Vit. K per measure µgrams	Weight grams	Common Measure
Broccoli, frozen, chopped, boiled, drained, wo/ salt	183	184	1 cup
Spinach soufflé	172	136	1 cup
Lettuce, butterhead (plus Boston and Bibb types), raw	167	163	1 head
Parsley, raw	164	10	10 sprigs
Spinach, raw	145	30	1 cup
Asparagus, frozen, cooked, boiled, drained, wo/ salt	144	180	1 cup
Sauerkraut, canned, solids and liquids	135	236	1 cup
Lettuce, iceberg (includes crisp head types), raw	130	539	1 head
Endive, raw	116	50	1 cup
Lettuce, green leaf, raw	97	56	1 cup
Broccoli, raw	89	88	1 cup
Okra, frozen, cooked, boiled, drained, wo/ salt	88	184	1 cup
Cabbage, cooked, boiled, drained, without salt	73	150	1 cup
Rhubarb, frozen, cooked, with sugar	71	240	1 cup
Okra, cooked, boiled, drained, without salt	64	160	1 cup
Cow peas, frozen, boiled, drained, wo/ salt	63	170	1 cup
Cabbage, Chinese (pak-choi), boiled, drained, wo/ salt	58	170	1 cup
Lettuce, cos or romaine, raw	57	56	1 cup

Vitamin K Foods			
Description	Vit. K per measure µgrams	Weight grams	Common Measure
Celery, cooked, boiled, drained, without salt	57	150	1 cup
Broccoli, cooked, boiled, drained, without salt	52	37	1 spear
Cucumber, with peel, raw	49	301	1 large
Peas, edible-podded, frozen, boiled, drained, wo/ salt	48	160	1 cup
Spinach, raw	48	10	1 leaf
Cabbage, Savoy, raw	48	70	1 cup
Asparagus, frozen, cooked, boiled, drained, wo/ salt	48	60	4 spears
Cow peas, immature seeds, boiled, drained, wo/ salt	44	165	1 cup
Cabbage, raw	42	70	1 cup
Other			
Bread crumbs, dry, grated, seasoned	55	120	1 cup
Fast foods, coleslaw	56	99	3/4 cup
Noodles, egg, spinach, cooked, enriched	162	160	1 cup
Plums, dried (prunes), stewed, without added sugar	65	248	1 cup
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	59	239	1 shell

Source:

USDA Nutrient Database for Standard Reference, Release 15
Daily Recommended Vitamin K (phylloquinone=K1): 80 - 120 µg
Please note that the amounts listed in the chart above are all in MICRO grams.
Too much: no upper limit has been set.End

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