

# VITAMIN K

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## IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein**

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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**

<b>Vitamin K Foods</b>			
<b>Description</b>	<b>Vit. K per measure µgrams</b>	<b>Weight grams</b>	<b>Common Measure</b>
<b>Vegetables</b>			
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

<b>Vitamin K Foods</b>			
<b>Description</b>	<b>Vit. K per measure µgrams</b>	<b>Weight grams</b>	<b>Common Measure</b>
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

<b>Vitamin K Foods</b>			
<b>Description</b>	<b>Vit. K per measure µgrams</b>	<b>Weight grams</b>	<b>Common Measure</b>
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
<b>Other</b>			
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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