

High Vitamin K Foods

Food	Serving (Imperial)	Serving (Metric)	Vitamin K Amount (mcg)	% RDA (DV)
Collard greens, cooked	1/2 cup	95 g	530	442%
Spinach, cooked	1/2 cup	90 g	450	375%
Turnip greens, cooked	1/2 cup	75 g	426	355%
Kale, cooked	1/2 cup	60 g	250	208%
Spinach, raw	1 cup	15 g	145	121%
Kale, raw	1/2 cup	40 g	113	94%
Broccoli, boiled	1/2 cup	85 g	110	92%
Pumpkin, canned	1/2 cup	120 g	20	17%
Okra	1/2 cup	80 g	16	13%
Pine nuts	1 oz	28 g	15	13%
Blueberries, raw	1/2 cup	75 g	14	12%
Lettuce, Iceberg	1 cup	56 g	14	12%
Chicken breast	3 oz	85 g	13	11%
Grapes	1/2 cup	75 g	11	9%
Cashews	1 oz	28 g	10	8%
Ground Beef	3 oz	85 g	6	5%
Chicken Liver	3 oz	85 g	6	5%
Ham	3 oz	85 g	4	3%
Egg	1 large	50 g	4	3%
Mozzarella Cheese (as MK-4)	1.5 oz	43 g	2	2%

Adult U.S.RDA (Recommend Dietary Allowance)

120

90 mcg Female