

Vitamin K	Coenzyme during the synthesis of many proteins involved in blood clotting and bone metabolism	Infants	(µg/d)		Green vegetables (collards, spinach, salad greens, broccoli), brussel sprouts, cabbage, plant oils and margarine	No adverse effects associated with vitamin K consumption from food or supplements have been reported in humans or animals. This does not mean that there is no potential for adverse effects resulting from high intakes. Because data on the adverse effects of vitamin K are limited, caution may be warranted.	Patients on anticoagulant therapy should monitor vitamin K intake.
		0–6 mo	2.0*	ND			
		7–12 mo	2.5*	ND			
		Children					
		1–3 y	30*	ND			
		4–8 y	55*	ND			
		Males					
		9–13 y	60*	ND			
		14–18 y	75*	ND			
		19–30 y	120*	ND			
		31–50 y	120*	ND			
		50–70 y	120*	ND			
		> 70 y	120*	ND			
		Females					
		9–13 y	60*	ND			
		14–18 y	75*	ND			
		19–30 y	90*	ND			
		31–50 y	90*	ND			
		50–70 y	90*	ND			
		> 70 y	90*	ND			
		Pregnancy					
		≤ 18 y	75*	ND			
		19–30y	90*	ND			
		31–50 y	90*	ND			
		Lactation					
		≤ 18 y	75*	ND			
		19–30y	90*	ND			
		31–50 y	90*	ND			

NOTE: The table is adapted from the DRI reports, see www.nap.edu. It represents Recommended Dietary Allowances (RDAs) in **bold type**, Adequate Intakes (AIs) in ordinary type followed by an asterisk (*), and Tolerable Upper Intake Levels (ULs)^a. RDAs and AIs may both be used as goals for individual intake. RDAs are set to meet the needs of almost all (97 to 98 percent) individuals in a group. For healthy breastfed infants, the AI is the mean intake. The AI for other life stage and gender groups is believed to cover the needs of all individuals in the group, but lack of data prevent being able to specify with confidence the percentage of individuals covered by this intake.

^aUL = The maximum level of daily nutrient intake that is likely to pose no risk of adverse effects. Unless otherwise specified, the UL represents total intake from food, water, and supplements. Due to lack of suitable data, ULs could not be established for vitamin K, thiamin, riboflavin, vitamin B₁₂, pantothenic acid, biotin, or carotenoids. In the absence of ULs, extra caution may be warranted in consuming levels above recommended intakes.

^bND = Not determinable due to lack of data of adverse effects in this age group and concern with regard to lack of ability to handle excess amounts. Source of intake should be from food only to prevent high levels of intake.

SOURCES: *Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D, and Fluoride* (1997); *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B₆, Folate, Vitamin B₁₂, Pantothenic Acid, Biotin, and Choline* (1998); *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids* (2000); and *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc* (2001). These reports may be accessed via www.nap.edu. Copyright 2001 by The National Academies. All rights reserved.

USDA National Nutrient Database for Standard Reference, Release 16-1
Vitamin K (phyloquinone)(µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1146.600
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1062.100
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1059.440
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1027.330
11461	Spinach, canned, drained solids	214	1 cup	987.824
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	888.480
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	850.996
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	836.000
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	696.960
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	529.344
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	419.300
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	299.925
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	220.116
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	218.868
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	203.595
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	183.080
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	166.749
11297	Parsley, raw	10	10 sprigs	164.000
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	161.760
11457	Spinach, raw	30	1 cup	144.870
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	144.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	134.992
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	129.899
11213	Endive, raw	50	1 cup	115.500
11253	Lettuce, green leaf, raw	56	1 cup	97.216
11090	Broccoli, raw	88	1 cup	89.408
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	87.952
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	73.350
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	71.040
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	64.728
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	64.000
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	62.560
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.033
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	57.800
11251	Lettuce, cos or romaine, raw	56	1 cup	57.400
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	56.700
21127	Fast foods, coleslaw	99	3/4 cup	56.430
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	52.207
11205	Cucumber, with peel, raw	301	1 large	49.364
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	48.320
11457	Spinach, raw	10	1 leaf	48.290
11114	Cabbage, savoy, raw	70	1 cup	48.160
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	48.000

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11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	43.890
11109	Cabbage, raw	70	1 cup	42.000
09055	Blueberries, frozen, sweetened	230	1 cup	40.710
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	40.000
11424	Pumpkin, canned, without salt	245	1 cup	39.200
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	38.400
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	37.422
11655	Carrot juice, canned	236	1 cup	36.580
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	36.380
11143	Celery, raw	120	1 cup	35.160
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	34.320
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	33.024
11090	Broccoli, raw	31	1 spear	31.496
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	30.628
11012	Asparagus, cooked, boiled, drained	60	4 spears	30.360
11546	Tomato products, canned, paste, without salt added	262	1 cup	29.868
11015	Asparagus, canned, drained solids	72	4 spears	29.736
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	29.120
09042	Blackberries, raw	144	1 cup	28.512
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	28.148
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	28.100
09050	Blueberries, raw	145	1 cup	27.985
11112	Cabbage, red, raw	70	1 cup	26.740
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	26.640
09291	Plums, dried (prunes), uncooked	42	5 prunes	24.990
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	24.864
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	23.360
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	21.420
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	21.372
16112	Miso	68.75	1 cup	20.694
11581	Vegetables, mixed, canned, drained solids	163	1 cup	20.212
11206	Cucumber, peeled, raw	280	1 large	20.160
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	20.000
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	20.000
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	19.856
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	19.440
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	18.938
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	17.760
02029	Spices, parsley, dried	1.3	1 tbsp	17.674
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	17.500
11253	Lettuce, green leaf, raw	10	1 leaf	17.360
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	17.145
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	17.145

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11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	17.112
04582	Vegetable oil, canola	14	1 tbsp	17.080
11205	Cucumber, with peel, raw	104	1 cup	17.056
09306	Raspberries, frozen, red, sweetened	250	1 cup	16.250
11135	Cauliflower, raw	100	1 cup	16.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	15.413
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	15.281
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	14.711
11124	Carrots, raw	110	1 cup	14.520
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	14.486
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	14.400
11128	Carrots, canned, regular pack, drained solids	146	1 cup	14.308
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	14.220
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	14.175
19087	Candies, confectioner's coating, white	170	1 cup	13.940
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	13.923
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	13.700
05292	Turkey patties, breaded, battered, fried	64	1 patty	13.440
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	13.381
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	13.365
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	13.365
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	13.255
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	13.206
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	13.113
04015	Salad dressing, russian dressing	15.3	1 tbsp	12.929
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	12.920
11578	Vegetable juice cocktail, canned	242	1 cup	12.826
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	12.600
09340	Pears, asian, raw	275	1 pear	12.375
18305	Pie, blueberry, commercially prepared	117	1 piece	12.285
11937	Pickles, cucumber, dill	65	1 pickle	11.895
11143	Celery, raw	40	1 stalk	11.720
12167	Nuts, chestnuts, european, roasted	143	1 cup	11.154
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	11.094
11333	Peppers, sweet, green, raw	149	1 cup	11.026
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	10.836
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	10.780
21024	Fast foods, french toast sticks	141	5 sticks	10.575
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	10.332
11251	Lettuce, cos or romaine, raw	10	1 leaf	10.250
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	10.234
11001	Alfalfa seeds, sprouted, raw	33	1 cup	10.065
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	9.837
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.837

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16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	9.800
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	9.717
09302	Raspberries, raw	123	1 cup	9.594
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	9.526
11124	Carrots, raw	72	1 carrot	9.504
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	9.500
19080	Candies, semisweet chocolate	168	1 cup	9.408
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	9.360
02027	Spices, oregano, dried	1.5	1 tsp	9.326
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	9.020
18308	Pie, cherry, commercially prepared	117	1 piece	8.892
11333	Peppers, sweet, green, raw	119	1 pepper	8.806
09294	Prune juice, canned	256	1 cup	8.704
09176	Mangos, raw	207	1 mango	8.694
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	8.670
11206	Cucumber, peeled, raw	119	1 cup	8.568
11547	Tomato products, canned, puree, without salt added	250	1 cup	8.500
20011	Buckwheat flour, whole-groat	120	1 cup	8.400
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	8.398
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	8.232
04053	Oil, olive, salad or cooking	13.5	1 tbsp	8.127
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	8.112
09226	Papayas, raw	304	1 papaya	7.904
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.673
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	7.488
09252	Pears, raw	166	1 pear	7.470
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	7.452
18283	Muffins, oat bran	57	1 muffin	7.410
16120	Soy milk, fluid	245	1 cup	7.350
11821	Peppers, sweet, red, raw	149	1 cup	7.301
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	7.300
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	7.250
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	7.076
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	6.936
09176	Mangos, raw	165	1 cup	6.930
11549	Tomato products, canned, sauce	245	1 cup	6.860
18326	Pie, pumpkin, commercially prepared	109	1 piece	6.758
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	6.720
11445	Seaweed, kelp, raw	10	2 tbsp	6.600
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	6.560