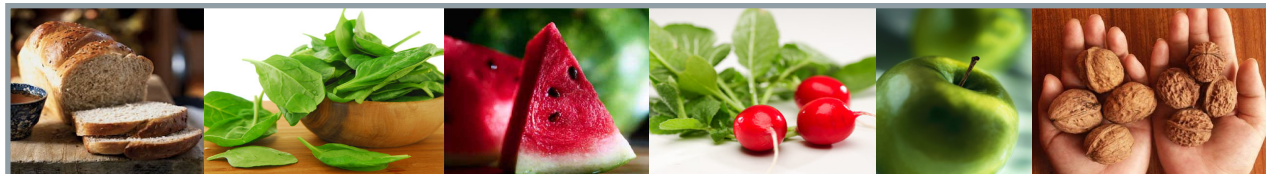




WellLife Vitamin K Registry



High Vitamin K Content Foods (25 micrograms or higher – avg. serving size ½ - 1 cup)

Alive®, Liquid Whole Food Energizer™
 Alive®, no iron added, Vcaps® Whole Food Energizer
 Alive®, Tablets Whole Food Energizer
 Alive®, Ultra Shake™
 Alive®, Ultra Shake™, Rice/Pea Ultra-Shake Apple & Cinnamon
 Alive®, Ultra Shake™, Rice/Pea Ultra-Shake Vanilla
 Asparagus, canned, drained solids, 4 spears
 Asparagus, cooked, boiled, drained, 4 spears
 Asparagus, frozen, cooked, boiled, drained, w/o salt, 4 spears
 Asparagus, frozen, cooked, boiled, drained, w/o salt, 4 spears
 Beans, snap, green, canned, regular pack, drained solids
 Beet greens, cooked, boiled, drained, w/o salt
 Blackberries, raw
 Blueberries, frozen, sweetened
 Blueberries, raw
 Boost® Glucose Control, 8 ounces
 Boost® High Protein, 8 ounces
 Boost® Plus, 8 ounces
 Boost® Regular, 8 ounces
 Bread crumbs, dry, grated, seasoned
 Broccoli, cooked, boiled, drained, w/o salt
 Broccoli, frozen, chopped, cooked, boiled, and drained, w/o salt
 Broccoli, raw
 Brussels sprouts, cooked, boiled, drained, w/o salt
 Brussels sprouts, frozen, cooked, boiled, drained, w/o salt
 Cabbage, Chinese (bok-choi), cooked, boiled, drained, w/o salt
 Cabbage, cooked, boiled, drained, w/o salt
 Cabbage, raw
 Cabbage, red, raw
 Cabbage, Savoy, raw

Carrot juice, canned
 Celery, cooked, boiled, drained, w/o salt
 Celery, raw
 Collards, cooked, boiled, drained, w/o salt
 Collards, frozen, chopped, cooked, boiled, drained, w/o salt
 Cowpeas (blackeye pea), immature seeds, cooked, boiled, drained, w/o salt
 Cowpeas (blackeye pea), immature seeds, frozen, cooked, boiled, drained, w/o salt
 Cucumber, with peel, raw
 Dandelion greens, cooked, boiled, drained, w/o salt
 Endive, raw
 Ensure® High Calcium, 8 ounces
 Fast foods, coleslaw
 Fish, tuna, light, canned in oil, drained solids
 Kale, cooked, boiled, drained, w/o salt
 Kale, frozen, cooked, boiled, drained, w/o salt
 Kiwifruit, green, raw
 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, w/o salt
 Lettuce, butterhead (includes boston and bibb types), raw
 Lettuce, cos or romaine, raw
 Lettuce, green leaf, raw
 Lettuce, iceberg (includes crisphead types), raw
 Mung beans, mature seeds, sprouted, cooked, boiled, drained, w/o salt
 Mung beans, mature seeds, sprouted, raw
 Mustard greens, cooked, boiled, drained, w/o salt
 Noodles, egg, spinach, cooked, enriched
 Okra, cooked, boiled, drained, w/o salt
 Okra, frozen, cooked, boiled, drained, w/o salt
 Onions, spring or scallions (includes tops and bulb), raw
 Parsley, raw
 Peas, edible-podded, boiled, drained, w/o salt
 Peas, edible-podded, frozen, cooked, boiled, drained, w/o salt

High Vitamin K Content Foods (25 micrograms or higher – avg. serving size ½ - 1 cup)

Peas, green (includes baby and lesser types),
canned, drained solids, unprepared
Peas, green, frozen, cooked, boiled, drained, w/o
salt
Pickles, cucumber, dill or kosher dill
Pie crust, cookie-type, from recipe, graham
cracker, baked
Pie crust, standard-type, from recipe, baked
Plums, dried (prunes), stewed, w/o added sugar
Plums, dried (prunes), uncooked, 5 prunes
Pumpkin, canned, w/o salt
Rhubarb, frozen, cooked, with sugar
Sauce, pasta, spaghetti/marinara, ready-to-serve
Sauerkraut, canned, solids and liquids
Soybeans, mature cooked, boiled, w/o salt
Spinach soufflé
Spinach, canned, regular pack, drained solids
Spinach, cooked, boiled, drained, w/o salt
Spinach, frozen, chopped or leaf, cooked, boiled,
drained, w/o salt
Spinach, raw (1 leaf = 48 mg)
Tomato products, canned, paste, w/o salt added
Turnip greens, cooked, boiled, drained, w/o salt
Turnip greens, frozen, cooked, boiled, drained,
w/o salt

Vegetables, mixed, canned, drained solids
Vegetables, mixed, frozen, cooked, boiled, drained,
w/o salt
Viactiv® Calcium Soft Chews, 1 square
Vitamin K2, Menatetrenone (do not take w/warfarin,
Coumadin®)
Vitamin, Sentivites Multi-Vitamin & Mineral Formula,
1 tablet
Vitamins, Centrum®, 1 tablet
Vitamins, Centrum® Men's, 1 tablet
Vitamins, Centrum® Silver, 1 tablet
Vitamins, One-a-Day® Cholesterol Plus, 1 tablet
Vitamins, One-a-Day® Energy, 1 tablet
Vitamins, One-a-Day® Energy Advantage O2, 1
tablet
Vitamins, One-a-Day® Maximum, 1 tablet
Vitamins, One-a-Day® Men's Formula, 1 tablet
Vitamins, One-a-Day® Teen Advantage, 1 tablet
Vitamins, One-a-Day® Women's, 1 tablet
Vitamins, One-a-Day® Women's Active Metabolism,
1 tablet
Vitamins, One-a-Day® Women's Active Mind &
Body, 1 tablet
Vitamins, One-a-Day® Women's O2, 1 tablet

Medium Vitamin K Content Foods (10-24 micrograms – avg. serving size ½ - 1 cup)

Artichokes, (globe or french), cooked, boiled,
drained, w/o salt
BALANCE, Nutrition Bar, Chocolate Raspberry
Fudge
BALANCE, Nutrition Bar, Cookie Dough
BALANCE, Nutrition Bar, Almond Brownie
BALANCE, Nutrition Bar, CarbWell, Caramel and
Chocolate
BALANCE, Nutrition Bar, CarbWell, Chocolate
Peanut Butter
BALANCE, Nutrition Bar, Chocolate
BALANCE, Nutrition Bar, GOLD, Caramel Nut
Blast
BALANCE, Nutrition Bar, GOLD, Chocolate Mint
Cookie Crunch
BALANCE, Nutrition Bar, GOLD, Chocolate
Peanut Butter
BALANCE, Nutrition Bar, GOLD, Triple Chocolate
Chaos
BALANCE, Nutrition Bar, Honey Bar
BALANCE, Nutrition Bar, Mocha Chip
BALANCE, Nutrition Bar, Peanut Butter
BALANCE, Nutrition Bar, Yogurt Honey Peanut
Beans, kidney, red, mature seeds, cooked,
boiled, w/o salt

Beans, snap, green, cooked, boiled, drained, w/o salt
Beans, snap, green, frozen, cooked, boiled, drained
w/o salt
Beans, snap, yellow, canned, regular pack, drained
solids
Beans, snap, yellow, cooked, boiled, drained, w/o
salt
Beans, snap, yellow, frozen, cooked, boiled,
drained, w/o salt
Beef stew, canned entree
Boost® Powder Mix
Bread stuffing, bread, dry mix, prepared
Candies, white chocolate
Carrots, canned, regular pack, drained solids
Carrots, cooked, boiled, drained, w/o salt
Carrots, frozen, cooked, boiled, drained, w/o salt
Carrots, raw
Cauliflower, cooked, boiled, drained, w/o salt
Cauliflower, frozen, cooked, boiled, drained, w/o salt
Cauliflower, raw
Celery, cooked, boiled, drained, w/o salt, 1 stalk
Clif® Energy Bar, apricot
Clif® Energy Bar, banana nut bread
Clif® Energy Bar, black cherry, almond
Clif® Energy Bar, blueberry crisp

Medium Vitamin K Content Foods (10-24 micrograms – avg. serving size ½ - 1 cup)

Clif® Energy Bar, carrot cake
Clif® Energy Bar, chocolate almond fudge
Clif® Energy Bar, chocolate brownie
Clif® Energy Bar, chocolate chip
Clif® Energy Bar, chocolate chip peanut crunch
Clif® Energy Bar, cool mint chocolate
Clif® Energy Bar, cranberry apple cherry
Clif® Energy Bar, cranberry orange nut bread
Clif® Energy Bar, crunchy peanut butter
Clif® Energy Bar, iced gingerbread
Clif® Energy Bar, maple nut
Clif® Energy Bar, oatmeal raisin walnut
Clif® Energy Bar, peanut toffee buzz
Clif® Energy Bar, pumpkin pie
Clif® Energy Bar, white chocolate macadamia
Clif® Protein Bar, chocolate
Clif® Protein Bar, chocolate mint
Clif® Protein Bar, cookies 'n cream
Clif® Protein Bar, lemon
Clif® Protein Bar, peanut butter
Clif® Protein Bar, vanilla almond
Cucumber, peeled, raw
Cucumber, with peel, raw
Éclairs, custard-filled with chocolate glaze, from recipe
Ensure® High Protein
Ensure® Immune Balance
Ensure® Plus
Fast foods, French toast sticks
Fast foods, potato, French fried in vegetable oil
Grapes, red or green (European type, such as Thompson seedless), raw
Lettuce, green leaf, raw
Lettuce, iceberg (includes crisphead types), raw

Margarine, regular, 80% fat, composite, tub, with salt
Margarine-like, margarine-butter blend, soybean oil and butter
Margarine-like, vegetable oil spread, 60% fat, stick, with salt
Miso
Muffins, blueberry, commercially prepared (Includes mini-muffins)
Nuts, pine nuts, dried
Pears, Asian, raw
Peppers, sweet, green, cooked, boiled, drained, w/o salt
Pickle relish, sweet
Pie, blueberry, commercially prepared
Pie, pecan, commercially prepared
Pie, pumpkin, commercially prepared
Potatoes, mashed, home-prepared, whole milk and margarine added
Raspberries, frozen, red, sweetened
Salad dressing, blue or roquefort cheese dressing, commercial, regular
Salad dressing, French dressing, commercial, regular
Salad dressing, home recipe, vinegar and oil
Soup, chunky vegetable, canned, ready-to-serve
Soup, minestrone, canned, reduced sodium, ready-to-serve
Spices, parsley, dried
Tomatoes, red, ripe, raw, year round average
Vegetable juice cocktail, canned
Vitamins, Centrum® Cardio
Vitamins, One-a-Day® Men's 50+ Advantage
Vitamins, One-a-Day® Men's Health Formula
Vitamins, One-a-Day® Women's 50+ Advantage

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Alcoholic beverage, beer, light
Alcoholic beverage, beer, regular, all
Alcoholic beverage, daiquiri, from recipe
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof
Alcoholic beverage, liqueur, coffee, 53 proof
Alcoholic beverage, piña colada, from recipe
Alcoholic beverage, wine, dessert, dry
Alcoholic beverage, wine, dessert, sweet
Alcoholic beverage, wine, table, red
Alcoholic beverage, wine, table, white

Alfalfa seeds, sprouted, raw
ALL ONE®, Nutrition Powder, Active Seniors
ALL ONE®, Nutrition Powder, Fruit Antioxidant
ALL ONE®, Nutrition Powder, Green Phyto Base
ALL ONE®, Nutrition Powder, Original
ALL ONE®, Nutrition Powder, Rice Base
ALL ONE®, Nutrition Powder, Weight Loss Formula
ALL ONE®, Tablets, For Travel
Apple juice, canned or bottled, unsweetened, w/o added ascorbic acid
Apples, dried, sulfured, uncooked
Apples, raw, with skin
Apples, raw, w/o skin
Applesauce, canned, sweetened, w/o salt

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Applesauce, canned, unsweetened, w/o added ascorbic acid
Apricots, canned, heavy syrup pack, with skin, solids and liquids
Apricots, canned, juice pack, with skin, solids and liquids
Apricots, dried, sulfured, uncooked
Apricots, raw
Avocados, raw, California
Bagels, cinnamon-raisin
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)
Baking chocolate, unsweetened, squares
Bamboo shoots, canned, drained solids
Bananas, raw
Barley, pearled, cooked
Barley, pearled, raw
Beans, baked, canned, plain or vegetarian
Beans, baked, canned, with franks
Beans, baked, canned, with pork and sweet sauce
Beans, baked, canned, with pork and tomato sauce
Beans, kidney, red, mature seeds, canned
Beans, navy, mature seeds, cooked, boiled, w/o salt
Beans, pinto, mature seeds, cooked, boiled, w/o salt
Beans, white, mature seeds, canned
Beef Macaroni, frozen entree
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised
Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised
Beef, cured, corned beef, canned
Beef, cured, dried
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled
Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled
Beef, variety meats and by-products, liver, cooked, pan-fried
Beets, canned, drained solids
Beets, cooked, boiled, drained
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked
Bologna, beef and pork
Braunschweiger (liver sausage), pork
Bread crumbs, dry, grated, plain
Bread, egg
Bread, French or Vienna (includes sourdough)
Bread, Italian
Bread, Multi-Grain (includes whole-grain)
Bread, Multi-Grain, toasted (includes whole-grain)
Bread, oatmeal
Bread, oatmeal, toasted
Bread, pita, white, enriched
Bread, pita, white, enriched, toasted
Bread, pumpernickel
Bread, pumpernickel, toasted
Bread, raisin, enriched
Bread, raisin, toasted, enriched
Bread, reduced-calorie, rye
Bread, reduced-calorie, wheat
Bread, reduced-calorie, white
Bread, rye
Bread, rye, toasted
Bread, wheat
Bread, wheat, toasted
Bread, white, commercially prepared (includes soft bread crumbs)
Bread, white, commercially prepared, toasted
Bread, whole-wheat, commercially prepared
Bread, whole-wheat, commercially prepared, toasted
Buckwheat flour, whole-groat
Buckwheat groats, roasted, cooked
Bulgur, cooked
Bulgur, dry
Butter, salted
Butter, w/o salt
Cake, angel food, dry mix, prepared
Cake, Boston cream pie, commercially prepared
Cake, fruitcake, commercially prepared
Cake, pound, commercially prepared, fat-free
Cake, snack cakes, crème-filled, chocolate with frosting
Cake, snack cakes, crème-filled, sponge
Cake, sponge, commercially prepared
Cake, white, from recipe with coconut frosting

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Cake, white, from recipe w/o frosting	Cereals ready-to-eat, GENERAL MILLS®, CINNAMON TOAST CRUNCH®
Candies, caramels	Cereals ready-to-eat, GENERAL MILLS®, COCOA PUFFS®
Candies, caramels, chocolate-flavor roll	Cereals ready-to-eat, GENERAL MILLS®, Corn CHEX®
Candies, carob, unsweetened	Cereals ready-to-eat, GENERAL MILLS®, GOLDEN GRAHAMS®
Candies, fudge, chocolate, from recipe	Cereals ready-to-eat, GENERAL MILLS®, HONEY NUT CHEERIOS®
Candies, fudge, chocolate, with nuts, from recipe	Cereals ready-to-eat, GENERAL MILLS®, Honey Nut CHEX®
Candies, fudge, vanilla with nuts	Cereals ready-to-eat, GENERAL MILLS®, Honey Nut CLUSTERS®
Candies, fudge, vanilla, from recipe	Cereals ready-to-eat, GENERAL MILLS®, KIX®
Candies, gumdrops, starch jelly pieces	Cereals ready-to-eat, GENERAL MILLS®, LUCKY CHARMS®
Candies, hard	Cereals ready-to-eat, GENERAL MILLS®, RAISIN NUT BRAN®
Candies, jellybeans	Cereals ready-to-eat, GENERAL MILLS®, REESE'S PUFFS®
Candies, KIT KAT® Wafer Bar	Cereals ready-to-eat, GENERAL MILLS®, Rice CHEX®
Candies, MARS®, M&M's® Milk Chocolate	Cereals ready-to-eat, GENERAL MILLS®, TOTAL® Corn Flakes
Candies, MARS®, M&M's Peanut Chocolate	Cereals ready-to-eat, GENERAL MILLS®, TOTAL® Raisin Bran
Candies, MARS®, MILKY WAY® Bar	Cereals ready-to-eat, GENERAL MILLS®, TRIX®
Candies, MARS®, SNICKERS® Bar	Cereals ready-to-eat, GENERAL MILLS®, Wheat CHEX®
Candies, MARS®, STARBURST® Fruit Chews	Cereals ready-to-eat, GENERAL MILLS®, WHEATIES®
Candies, marshmallows	Cereals ready-to-eat, GENERAL MILLS®, WHEATIES® Raisin Bran
Candies, milk chocolate	Cereals ready-to-eat, GENERAL MILLS®, Whole Grain TOTAL®
Candies, milk chocolate coated peanuts	Cereals ready-to-eat, KELLOGG'S® ALL-BRAN COMPLETE® Wheat Flakes
Candies, milk chocolate coated raisins	Cereals ready-to-eat, KELLOGG'S® ALL-BRAN® Original
Candies, milk chocolate, with almonds	Cereals ready-to-eat, KELLOGG'S® APPLE JACKS®
Candies, MR. GOODBAR® Chocolate Bar	Cereals ready-to-eat, KELLOGG'S® COCOA KRISPIES®
Candies, NESTLÉ®, BUTTERFINGER® Bar	Cereals ready-to-eat, KELLOGG'S® Corn Flakes
Candies, REESE'S® Peanut Butter Cups	Cereals ready-to-eat, KELLOGG'S® CORN POPS®
Candies, semisweet chocolate	Cereals ready-to-eat, KELLOGG'S® CRISPIX®
Carambola, (starfruit), raw	Cereals ready-to-eat, KELLOGG'S® FROOT LOOPS®
Carbonated beverage, club soda	Cereals ready-to-eat, KELLOGG'S® FROSTED FLAKES®
Carbonated beverage, cola, contains caffeine	Cereals ready-to-eat, KELLOGG'S® FROSTED MINI-WHEATS®, bite size
Carbonated beverage, ginger ale	
Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	
Carbonated beverage, low calorie, other than cola or pepper, w/o caffeine	
Carbonated beverage, root beer	
Carbonated beverage, SPRITE®, lemon-lime, w/o caffeine	
Carob flour	
Carrots, baby, raw	
Carrots, raw	
Catsup	
Cauliflower, cooked, boiled, drained, w/o salt	
Cauliflower, raw	
Celery, raw, 1 stalk	
Cereals ready-to-eat, GENERAL MILLS®, APPLE CINNAMON CHEERIOS®	
Cereals ready-to-eat, GENERAL MILLS®, BASIC 4®	
Cereals ready-to-eat, GENERAL MILLS®, BERRY BERRY KIX®	
Cereals ready-to-eat, GENERAL MILLS®, CHEERIOS®	

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Cereals ready-to-eat, KELLOGG'S® Honey SMACKS®	Cheese, blue
Cereals ready-to-eat, KELLOGG'S® PRODUCT 19®	Cheese, camembert
Cereals ready-to-eat, KELLOGG'S® RAISIN BRAN®	Cheese, cheddar
Cereals ready-to-eat, KELLOGG'S® RICE KRISPIES®	Cheese, cottage, creamed, large or small curd
Cereals ready-to-eat, KELLOGG'S® RICE KRISPIES TREATS® Cereal	Cheese, cottage, creamed, with fruit
Cereals ready-to-eat, KELLOGG'S® SPECIAL K®	Cheese, cottage, lowfat, 1% milkfat
Cereals ready-to-eat, KELLOGG'S® FROSTED MINI-WHEATS®, original	Cheese, cottage, lowfat, 2% milkfat
Cereals ready-to-eat, QUAKER®, CAP'N CRUNCH®	Cheese, cottage, nonfat, uncreamed, dry, large or small curd
Cereals ready-to-eat, QUAKER®, CAP'N CRUNCH® with CRUNCHBERRIES®	Cheese, cream
Cereals ready-to-eat, QUAKER®, CAP'N CRUNCH'S® PEANUT BUTTER CRUNCH®	Cheese, cream, fat free
Cereals ready-to-eat, QUAKER®, Low Fat 100% Natural Granola with Raisins	Cheese, feta
Cereals ready-to-eat, QUAKER®, 100% Natural Cereal with oats, honey, and raisins	Cheese, low fat, cheddar or Colby
Cereals ready-to-eat, QUAKER®, QUAKER OAT LIFE®, plain	Cheese, mozzarella, part skim milk, low moisture
Cereals ready-to-eat, QUAKER®, QUAKER® toasted Oatmeal Cereal, Honey Nut	Cheese, mozzarella, whole milk
Cereals ready-to-eat, wheat germ, toasted, plain	Cheese, Muenster
Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	Cheese, Neufchatel
Cereals, corn grits, white, regular and quick, enriched, cooked with water, w/o salt	Cheese, parmesan, grated
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, w/o salt	Cheese, pasteurized process, American, with disodium phosphate
Cereals, CREAM OF WHEAT®, regular (10 minute), cooked with water, w/o salt	Cheese, pasteurized process, Swiss, with disodium phosphate
Cereals, farina, enriched, assorted brands including CREAM OF WHEAT®, quick (1-3 minutes), cooked with water, w/o salt	Cheese, provolone
Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	Cheese, ricotta, part skim milk
Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), w/o salt	Cheese, ricotta, whole milk
Cereals, QUAKER®, corn grits, instant, plain, prepared (microwaved or boiling water added), w/o salt	Cheese sauce, from recipe
Cereals, QUAKER®, Instant Oatmeal, apples and cinnamon, prepared with boiling water	Cheese spread, pasteurized process, American, w/o disodium phosphate
Cereals, QUAKER®, Instant Oatmeal, maple and brown sugar, prepared with boiling water	Cheese, Swiss
Cheese food, pasteurized process, American, w/o disodium phosphate	Cheesecake commercially prepared
	Cherries, sour, red, canned, water pack, solids and liquids
	Cherries, sweet, raw
	Chicken pot pie, frozen entree, prepared
	Chicken roll, light meat
	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter
	Chicken, broilers or fryers, breast, meat only, cooked, roasted
	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted
	Chicken, broilers or fryers, giblets, cooked, simmered
	Chicken, broilers or fryers, thigh, meat only, cooked, roasted
	Chicken, canned, meat only, with broth
	Chicken, liver, all classes, cooked, simmered
	Chicken, stewing, meat only, cooked, stewed
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, w/o salt
	Chives, raw
	Chocolate syrup
	Chocolate-flavor beverage mix for milk, powder, w/o added nutrients

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Chocolate-flavor beverage mix, powder, prepared with whole milk	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, w/o salt
CLIF® Nectar™ cherry pomegranate	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, w/o salt
CLIF® Nectar™ cranberry apricot almond	Cornmeal, degermed, enriched, yellow
CLIF® Nectar™ dark chocolate walnut	Cornmeal, whole-grain, yellow
CLIF® Nectar™ lemon vanilla cashew	Cornstarch
Cocoa mix, no sugar added, powder	Couscous, cooked
Cocoa mix, powder	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, w/o salt
Cocoa mix, powder, prepared with water	Crackers, cheese, regular
Cocoa mix, with aspartame, powder, prepared with water	Crackers, cheese, sandwich-type with peanut butter filling
Cocoa, dry powder, unsweetened	Crackers, matzo, plain
Coffee, brewed from grounds, prepared with tap water	Crackers, Melba toast, plain
Coffee, brewed, espresso, restaurant-prepared	Crackers, rye, wafers, plain
Coffee, instant, regular, prepared with water	Crackers, saltines (includes oyster, soda, soup)
Cookies, brownies, commercially prepared	Crackers, standard snack-type, regular
Cookies, brownies, dry mix, special dietary, prepared	Crackers, standard snack-type, sandwich, with cheese filling
Cookies, butter, commercially prepared, enriched	Crackers, wheat, regular
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	Crackers, whole-wheat
Cookies, chocolate sandwich, with crème filling, regular	Cranberry juice cocktail, bottled
Cookies, fig bars	Cranberry sauce, canned, sweetened
Cookies, graham crackers, plain or honey (includes cinnamon)	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein
Cookies, graham crackers, plain or honey (includes cinnamon)	Cream substitute, powdered
Cookies, molasses	Cream, fluid, half and half
Cookies, oatmeal, commercially prepared, fat-free	Cream, fluid, heavy whipping
Cookies, oatmeal, commercially prepared, regular	Cream, fluid, light (coffee cream or table cream)
Cookies, peanut butter, commercially prepared, regular	Cream, fluid, light whipping
Cookies, shortbread, commercially prepared, plain	Cream, sour, cultured
Cookies, sugar, commercially prepared, regular (includes vanilla)	Cream, sour, reduced fat, cultured
Cookies, sugar, from recipe, made with margarine	Cream, whipped, cream topping, pressurized
Cookies, sugar, refrigerated dough, baked	Croissants, butter
Cookies, vanilla sandwich with crème filling	CROUTONS, seasoned
Cookies, vanilla sandwich with crème filling	Crustaceans, crab, Alaska king, imitation, made from surimi
Cookies, vanilla wafers, lower fat	Crustaceans, crab, blue, canned
Corn, sweet, white, cooked, boiled, drained, w/o salt	Crustaceans, crab, blue, cooked, moist heat
Corn, sweet, yellow, canned, cream style, regular pack	Crustaceans, lobster, northern, cooked, moist heat
Corn, sweet, yellow, canned, vacuum pack, regular pack	Crustaceans, shrimp, mixed species, canned
Corn, sweet, yellow, cooked, boiled, drained, w/o salt	Cucumber, peeled, raw
	Danish pastry, cheese
	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)
	Dates, deglet noor
	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk
	Dessert topping, pressurized
	Dessert topping, semi solid, frozen
	DiabetEZE® nutrition energy bar
	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	Fish, Sardine, Atlantic, canned in oil, drained solids with bone
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	Fish, Tuna, light, canned in water, drained solids
Duck, domesticated, meat only, cooked, roasted	Fish, Tuna, white, canned in water, drained solids
Egg substitute, liquid	Frankfurter, beef
Egg, white, raw, fresh	Frankfurter, beef and pork
Egg, whole, cooked, fried	Frankfurter, chicken
Egg, whole, cooked, hard-boiled	Frostings, vanilla, creamy, ready-to-eat
Egg, whole, cooked, poached	Frozen novelties, fruit and juice bars
Egg, whole, cooked, scrambled	Frozen novelties, ice type, pop
Egg, whole, raw, fresh	Frozen yogurts, vanilla, soft-serve
Egg, yolk, raw, fresh	Fruit butters, apple
Eggnog	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids
Eggplant, cooked, boiled, drained, w/o salt	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids
English muffins, plain, enriched, with ca prop (includes sourdough)	Fruit punch drink, with added nutrients, canned
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	Frybread, made with lard (Navajo)
ENSURE® Powder	Garlic, raw
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	Gelatin desserts, dry mix, prepared with water
Fast Food, biscuit, with egg and sausage	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water
Fast food, cheeseburger; single, regular patty, with condiments	Grape drink, canned
Fast food, chicken, breaded and fried, boneless pieces, plain	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid
Fast food, chili con carne	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid
Fast food, English muffin, with egg, cheese, and Canadian bacon	Grape juice, canned or bottled, unsweetened, w/o added ascorbic acid
Fast food, hamburger; single, regular patty; with condiments	Grapefruit juice, white, canned, sweetened
Fast food, potato, French fried in vegetable oil	Grapefruit juice, white, canned, unsweetened
Fast food, potatoes, hashed brown	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water
Fast food, vanilla, light, soft-serve ice cream, with cone	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted
Figs, dried, uncooked	Grapefruit juice, white, raw
Fish, Cod, Atlantic, canned, solids and liquid	Grapefruit, raw, pink and red, all areas
Fish, fish portions and sticks, frozen, preheated	Grapefruit, raw, white, all areas
Fish, Flatfish (flounder and sole species), cooked, dry heat	Grapefruit, sections, canned, light syrup pack, solids and liquids
Fish, Flatfish (flounder and sole species), cooked, dry heat	Grapes, red or green (European type, such as Thompson seedless), raw
Fish, Herring, Atlantic, pickled	Gravy, beef, canned, ready-to-serve
Fish, Pollock, walleye, cooked, dry heat	Gravy, chicken, canned, ready-to-serve
Fish, Pollock, walleye, cooked, dry heat	Gravy, turkey, canned, ready-to-serve
Fish, Rockfish, Pacific, mixed species, cooked, dry heat	Ham, chopped, not canned
Fish, Roughy, orange, cooked, dry heat	Ham, sliced, extra lean
Fish, Salmon, chinook smoked	Ham, sliced, regular (approximately 11% fat)
Fish, Salmon, pink, canned, solids with bone and liquid	Honey
Fish, Salmon, sockeye, cooked, dry heat	Horseradish, prepared
	Ice creams, chocolate
	Ice creams, French vanilla, soft-serve

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Ice creams, vanilla	LUNA® Whole Nutrition Bar, Carmel Nut Brownie
Ice creams, vanilla, light	LUNA® Whole Nutrition Bar, Chai Tea
Ice creams, vanilla, rich	LUNA® Whole Nutrition Bar, Chocolate Peppermint Stick
Jams and preserves	LUNA® Whole Nutrition Bar, Cookies 'n Cream Delight™
Jellies	LUNA® Whole Nutrition Bar, Dulce de Leche
Jerusalem-artichokes, raw	LUNA® Whole Nutrition Bar, Iced Oatmeal Raisin
Kohlrabi, cooked, boiled, drained, w/o salt	LUNA® Whole Nutrition Bar, LemonZest™
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	LUNA® Whole Nutrition Bar, Mini-Caramel Nut Brownie
Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	LUNA® Whole Nutrition Bar, Mini-Lemon Zest
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	LUNA® Whole Nutrition Bar, Mini-Nuts Over Chocolate
Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat,	LUNA® Whole Nutrition Bar, Mini-Peanut Butter Cookie
Lard	LUNA® Whole Nutrition Bar, Mini-S'mores
Leavening agents, baking powder, double-acting, sodium aluminum sulfate	LUNA® Whole Nutrition Bar, Mini-White Chocolate Macadamia
Leavening agents, baking powder, double-acting, straight phosphate	Macaroni and Cheese, canned entree
Leavening agents, baking powder, low-sodium	Macaroni, cooked, enriched
Leavening agents, baking soda	Malted drink mix, chocolate, with added nutrients, powder
Leavening agents, cream of tartar	Malted drink mix, chocolate, with added nutrients, powder,
Leavening agents, yeast, baker's, active dry	Malted drink mix, natural, with added nutrients, powder
Leavening agents, yeast, baker's, compressed	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk
Lemon juice, canned or bottled	Mangos, raw
Lemon juice, raw	Margarine-like, vegetable oil spread, 60% fat, stick, with salt
Lemonade, frozen concentrate, white, prepared with water	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt
Lemonade, low calorie, with aspartame, powder, prepared with water	Melons, cantaloupe, raw
Lemonade-flavor drink, powder, prepared with water	Melons, honeydew, raw
Lemons, raw, w/o peel	Milk shakes, thick chocolate and vanilla
Lentils, mature seeds, cooked, boiled, w/o salt	Milk, buttermilk, dried
Lettuce, butterhead (includes boston and bibb types), raw	Milk, buttermilk, fluid, cultured, lowfat
Lettuce, cos or romaine, raw	Milk, canned, condensed, sweetened
Lettuce, iceberg (includes crisphead types), raw	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, w/o salt	Milk, canned, evaporated, with added vitamin D and w/o added vitamin A
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, w/o salt	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D
Lima beans, large, mature seeds, cooked, boiled, w/o salt	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D
Lime juice, canned or bottled, unsweetened	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D
Lime juice, raw	Milk, dry, nonfat, instant, with added vitamin A and vitamin D
LUNA® Nutrition for Women, Apple Cinnamon	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D
LUNA® Nutrition for Women, Blueberry Bliss	
LUNA® Nutrition for Women, Strawberry Crumble	
LUNA® Whole Nutrition Bar, Chocolate Raspberry	
LUNA® Whole Nutrition Bar, Berry Almond	

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	Oil, sunflower, linoleic, (approx. 65%)
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	Olives, ripe, canned (small-extra large)
Milk, whole, 3.25% milkfat, with added vitamin D	Onions, cooked, boiled, drained, w/o salt
Mollusks, clam, mixed species, canned, drained solids	Onions, dehydrated flakes
Mollusks, clam, mixed species, raw	Onions, raw
Mollusks, oyster, eastern, wild, raw	Orange juice, canned, unsweetened
Muffins, corn, commercially prepared	Orange juice, chilled, includes from concentrate
Muffins, oat bran	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water
Muffins, wheat bran, toaster-type with raisins, toasted	Orange juice, frozen concentrate, unsweetened, undiluted
Mushrooms, canned, drained solids	Orange juice, raw
Mushrooms, shiitake, cooked, w/o salt	Oranges, raw, all commercial varieties
Mushrooms, shiitake, dried	Pancakes plain, frozen, ready-to-heat (includes buttermilk)
Mushrooms, white, cooked, boiled, w/o salt	Papayas, raw
Mushrooms, white, raw	Parsnips, cooked, boiled, drained, w/o salt
Mustard, prepared, yellow	Pasta with meatballs in tomato sauce, canned entree
Nectarines, raw	Peaches, canned, heavy syrup pack, solids and liquids
Noodles, Chinese, chow mein	Peaches, canned, juice pack, solids and liquids
Noodles, egg, cooked, enriched	Peaches, dried, sulfured, uncooked
Nuts, almonds	Peaches, frozen, sliced, sweetened
Nuts, Brazil nuts, dried, unblanched	Peaches, raw
Nuts, cashew nuts, dry roasted, with salt added	Peanut butter, chunk style, with salt
Nuts, cashew nuts, oil roasted, with salt added	Peanut butter, smooth style, with salt
Nuts, chestnuts, European, roasted	Peanuts, all types, dry-roasted, with salt
Nuts, coconut meat, dried (desiccated), sweetened, shredded	Peanuts, all types, oil-roasted, with salt
Nuts, coconut meat, raw	Pears, Asian, raw
Nuts, hazelnuts or filberts	Pears, canned, heavy syrup pack, solids and liquids
Nuts, macadamia nuts, dry roasted, with salt added	Pears, canned, juice pack, solids and liquids
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	Pears, raw
Nuts, mixed nuts, with peanuts, oil roasted, with salt added	Peas, split, mature seeds, cooked, boiled, w/o salt
Nuts, pecans	Peppers, hot chili, green, raw
Nuts, pine nuts, dried	Peppers, hot chili, red, raw
Nuts, pistachio nuts, dry roasted, with salt added	Peppers, jalapeno, canned, solids and liquids
Nuts, walnuts, English	Peppers, sweet, green, raw
Oat bran, raw	Peppers, sweet, red, cooked, boiled, w/o salt
Oil, canola	Peppers, sweet, red, raw
Oil, corn, industrial and retail, all purpose salad or cooking	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked
Oil, olive, salad or cooking	Pie fillings, apple, canned
Oil, peanut, salad or cooking	Pie, apple, commercially prepared, enriched flour
Oil, safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	Pie, cherry, commercially prepared
Oil, sesame, salad or cooking	Pie, fried pies, fruit
Oil, soybean, salad or cooking, (partially hydrogenated)	Pie, lemon meringue, commercially prepared
Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	Pimento, canned
	Pineapple and grapefruit juice drink, canned
	Pineapple and orange juice drink, canned
	Pineapple juice, canned, unsweetened, w/o added ascorbic acid
	Pineapple, canned, heavy syrup pack, solids and liquids

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Pineapple, canned, juice pack, solids and liquids	Potatoes, hashed brown, frozen, plain, prepared
Pineapple, raw, all varieties	Potatoes, hashed brown, home-prepared
Pizza, cheese topping, regular crust, frozen, cooked	Potatoes, mashed, dehydrated, prepared from flakes w/o milk, whole milk and butter added
Pizza, meat and vegetable topping, regular crust, frozen, cooked	Potatoes, mashed, home-prepared, whole milk added
Plantains, cooked	Poultry food products, ground turkey, cooked
Plantains, raw	PowerBar® BITES
Plums, canned, purple, heavy syrup pack, solids and liquids	PowerBar® ENDURANCE
Plums, canned, purple, juice pack, solids and liquids	PowerBar® Fruit Smoothie Energy Bar
Plums, raw	PowerBar® GEL BLASTS energy chews
Pork and beef sausage, fresh, cooked	PowerBar® GEL
Pork sausage, fresh, cooked	PowerBar® HARVEST®
Pork, cured, bacon, cooked, broiled, pan-fried or roasted	PowerBar® NUT NATURALS
Pork, cured, Canadian-style bacon, grilled	PowerBar® PERFORMANCE
Pork, cured, ham, extra lean and regular, canned, roasted	PowerBar® PRIA®
Pork, cured, ham, whole, separable lean and fat, roasted	PowerBar® PROTEINPLUS™
Pork, cured, ham, whole, separable lean only, roasted	PowerBar® PROTEINPLUS™ (reduced sugar)
Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	PowerBar® PROTEINPLUS™ 30g
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	PowerBar® RECOVERY
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	PowerBar® TRIPLE THREAT®
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	Prune juice, canned
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	Puddings, chocolate, dry mix, regular, prepared with 2% milk
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	Puddings, chocolate, ready-to-eat
Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	Puddings, rice, ready-to-eat
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	Puddings, tapioca, ready-to-eat
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	Puddings, vanilla, ready-to-eat
Pork, fresh, spareribs, separable lean and fat, cooked, braised	Pumpkin, cooked, boiled, drained, w/o salt
Potato pancakes	Radishes, raw
Potato puffs, frozen, oven-heated	Raisins, seedless
Potato, baked, flesh and skin, w/o salt	Raspberries, raw
Potatoes, baked, flesh, w/o salt	Refried beans, canned, traditional style (includes USDA commodity)
Potatoes, baked, skin, w/o salt	Rice drink, unsweetened, with added calcium, vitamins A and D
Potatoes, boiled, cooked in skin, flesh, w/o salt	Rice, brown, long-grain, cooked
Potatoes, boiled, cooked w/o skin, flesh, w/o salt	Rice, white, long-grain, parboiled, enriched, cooked
Potatoes, French fried, all types, salt added in processing, frozen, home-prepared, oven heated	Rice, white, long-grain, parboiled, enriched, dry
	Rice, white, long-grain, precooked or instant, enriched, prepared
	Rice, white, long-grain, regular, cooked
	Rice, white, long-grain, regular, raw, enriched
	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)
	Rolls, hamburger or hotdog, plain
	Rolls, hard (includes kaiser)
	Rutabagas, cooked, boiled, drained, w/o salt
	Salad dressing, French dressing, reduced fat
	Salad dressing, home recipe, cooked
	Salad dressing, Italian dressing, commercial, regular
	Salad dressing, Italian dressing, reduced fat
	Salad dressing, mayonnaise, soybean oil, with salt
	Salad dressing, Russian dressing
	Salad dressing, Russian dressing, low calorie

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Salad dressing, thousand island dressing, reduced fat	Snacks, pretzels, hard, plain, salted
Salad dressing, thousand island, commercial, regular	Snacks, rice cakes, brown rice, plain
Salami, cooked, beef and pork	Snacks, tortilla chips, nacho cheese
Salami, dry or hard, pork, beef	Snacks, tortilla chips, plain, white corn
Salt, table	Soup, bean with pork, canned, prepared with equal volume water
Sandwich spread, pork, beef	Soup, beef broth or bouillon, powder, dry
Sauce, barbecue	Soup, beef noodle, canned, prepared with equal volume water
Sauce, hoisin, ready-to-serve	Soup, chicken noodle, canned, prepared with equal volume water
Sauce, homemade, white, medium	Soup, chicken noodle, dry, mix, prepared with water
Sauce, ready-to-serve, pepper or hot	Soup, chicken with rice, canned, prepared with equal volume water
Sauce, salsa, ready-to-serve	Soup, chunky chicken noodle, canned, ready-to-serve
Sauce, teriyaki, ready-to-serve	Soup, clam chowder, Manhattan, canned, prepared with equal volume water
Sausage, Vienna, canned, chicken, beef, pork	Soup, clam chowder, New England, canned, prepared with equal volume low fat (2%) milk
Seaweed, kelp, raw	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk
Seaweed, spirulina, dried	Soup, cream of mushroom, canned, prepared with equal volume water
Seeds, pumpkin and squash seed kernels, roasted, with salt added	Soup, onion, dry, mix
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	Soup, onion, dry, mix, prepared with water
Seeds, sesame seed kernels, dried (decorticated)	Soup, pea, green, canned, prepared with equal volume water
Seeds, sunflower seed kernels, dry roasted, with salt added	Soup, stock, fish, home-prepared
Shake, fast food, chocolate	Soup, tomato, canned, prepared with equal volume low fat (2%) milk
Shake, fast food, vanilla	Soup, tomato, canned, prepared with equal volume water, commercial
Sherbet, orange	Soup, vegetable beef, canned, prepared with equal volume water
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	Soup, vegetarian vegetable, canned, prepared with equal volume water
Snack, potato chips, made from dried potatoes, plain	Sour dressing, non-butterfat, cultured, filled cream-type
Snacks, beef jerky, chopped and formed	Soy sauce made from soy and wheat (shoyu)
Snacks, corn-based, extruded, chips, plain	Soymilk, original and vanilla, unfortified
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	Spaghetti with meat sauce, frozen entree
Snacks, fruit leather, pieces	Spaghetti, cooked, enriched, w/o added salt
Snacks, fruit leather, rolls	Spaghetti, whole-wheat, cooked
Snacks, granola bars, soft, uncoated, chocolate chip	Spices, celery seed
Snacks, KELLOGG'S®, NUTRI-GRAIN® Cereal Bars, fruit	Spices, chili powder
Snacks, oriental mix, rice-based	Spices, cinnamon, ground
Snacks, popcorn, air-popped	Spices, curry powder
Snacks, popcorn, cakes	Spices, garlic powder
Snacks, popcorn, caramel-coated, with peanuts	Spices, onion powder
Snacks, popcorn, caramel-coated, w/o peanuts	Spices, oregano, dried
Snacks, popcorn, oil-popped, microwave, regular flavor	Spices, paprika
Snacks, pork skins, plain	Spices, pepper, black
Snacks, potato chips, made from dried potatoes, reduced fat	
Snacks, potato chips, plain, salted	
Snacks, potato chips, plain, unsalted	
Snacks, potato chips, reduced fat	

Low Vitamin K Content Foods (0-9 micrograms – avg. serving size ½ - 1 cup)

Squash, summer, all varieties, cooked, boiled, drained, w/o salt	Tomato juice, canned, with salt added
Squash, summer, all varieties, raw	Tomato products, canned, puree, w/o salt added
Squash, winter, all varieties, cooked, baked, w/o salt	Tomato products, canned, sauce
Strawberries, frozen, sweetened, sliced	Tomatoes, red, ripe, canned, packed in tomato juice
Strawberries, raw	Tomatoes, red, ripe, canned, stewed
Sugars, brown	Tomatoes, red, ripe, raw, year round average
Sugars, granulated	Tomatoes, sun-dried
Sugars, powdered	Tortillas, ready-to-bake or -fry, corn
Sweet potato, canned, syrup pack, drained solids	Tortillas, ready-to-bake or -fry, flour
Sweet potato, canned, vacuum pack	Turkey patties, breaded, battered, fried
Sweet potato, cooked, baked in skin, w/o salt	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted
Sweet potato, cooked, boiled, w/o skin	Turkey, all classes, dark meat, cooked, roasted
Sweet rolls, cinnamon, commercially prepared with raisins	Turkey, all classes, giblets, cooked, simmered, some giblet fat
Syrups, chocolate, fudge-type	Turkey, all classes, light meat, cooked, roasted
Syrups, corn, light	Turkey, all classes, meat only, cooked, roasted
Syrups, maple	Turkey, all classes, neck, meat only, cooked, simmered
Syrups, table blends, pancake	Turnips, cooked, boiled, drained, w/o salt
Syrups, table blends, pancake, reduced-calorie	UltraMAX™ Gold, Powder
Taco shells, baked	Vanilla extract
Tangerine juice, canned, sweetened	Veal, leg (top round), separable lean and fat, cooked, braised
Tangerines, (mandarin oranges), canned, light syrup pack	Viactiv® Multi-Vitamin Soft Chews
Tangerines, (mandarin oranges), raw	Vinegar, cider
Tapioca, pearl, dry	Vitamin, Hair Vitamins & Minerals
Tea, brewed, prepared with tap water	Vitamin, Sentivites Senior Multi-Vitamin Formula
Tea, herb, chamomile, brewed	Waffles, plain, frozen, ready -to-heat, toasted
Tea, herb, other than chamomile, brewed	Water, tap, municipal
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	Water chestnuts, Chinese, canned, solids and liquids
Tea, instant, sweetened with sugar, lemon-flavored, w/o added ascorbic acid, powder, prepared	Watermelon, raw
Tea, instant, unsweetened, powder, prepared	Wheat flour, white, all-purpose, enriched, bleached
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	Wheat flour, white, all-purpose, self-rising, enriched
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	Wheat flour, white, bread, enriched
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	Wheat flour, white, cake, enriched
Tomatillos, raw	Wheat flour, whole-grain
	Wild rice, cooked
	Yogurt, fruit, low fat, 10 grams protein per 8 ounce
	Yogurt, plain, low fat, 12 grams protein per 8 ounce
	Yogurt, plain, skim milk, 13 grams protein per 8 oz
	Yogurt, plain, whole milk, 8 grams protein per 8 oz