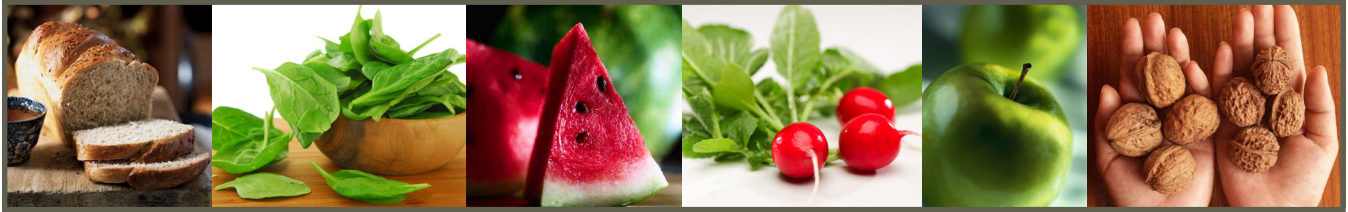




The best way to test™

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 & Cinn
- 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, 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

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

Parsley, raw
Peas, edible-podded, boiled, drained, w/o salt
Peas, edible-podded, frozen, cooked, boiled, drained, w/o salt
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

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

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
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

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

ALL ONE [®] , Nutrition Powder, Rice Base	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled
ALL ONE [®] , Nutrition Powder, Weight Loss Formula	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised
ALL ONE [®] , Tablets, For Travel	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised
Apple juice, canned or bottled, unsweetened, w/o added ascorbic acid	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted
Apples, dried, sulfured, uncooked	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted
Apples, raw, with skin	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled
Apples, raw, w/o skin	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled
Applesauce, canned, sweetened, w/o salt (includes USDA commodity)	Beef, variety meats and by-products, liver, cooked, pan-fried
Applesauce, canned, unsweetened, w/o added ascorbic acid	Beets, canned, drained solids
Apricots, canned, heavy syrup pack, with skin, solids and liquids	Beets, cooked, boiled, drained
Apricots, canned, juice pack, with skin, solids and liquids	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked
Apricots, dried, sulfured, uncooked	Bologna, beef and pork
Apricots, raw	Braunschweiger (a liver sausage), pork
Avocados, raw, California	Bread crumbs, dry, grated, plain
Bagels, cinnamon-raisin	Bread, egg
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	Bread, French or Vienna (includes sourdough)
Baking chocolate, unsweetened, squares	Bread, Italian
Bamboo shoots, canned, drained solids	Bread, Multi-Grain (includes whole-grain)
Bananas, raw	Bread, Multi-Grain, toasted (includes whole-grain)
Barley, pearled, cooked	Bread, oatmeal
Barley, pearled, raw	Bread, oatmeal, toasted
Beans, baked, canned, plain or vegetarian	Bread, pita, white, enriched
Beans, baked, canned, with franks	Bread, pita, white, enriched, toasted
Beans, baked, canned, with pork and sweet sauce	Bread, pumpernickel
Beans, baked, canned, with pork and tomato sauce	Bread, pumpernickel, toasted
Beans, kidney, red, mature seeds, canned	Bread, raisin, enriched
Beans, navy, mature seeds, cooked, boiled, w/o salt	Bread, raisin, toasted, enriched
Beans, pinto, mature seeds, cooked, boiled, w/o salt	Bread, reduced-calorie, rye
Beans, white, mature seeds, canned	Bread, reduced-calorie, wheat
Beef Macaroni, frozen entree	Bread, reduced-calorie, white
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	Bread, rye
Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	Bread, rye, toasted
Beef, cured, corned beef, canned	Bread, wheat
Beef, cured, dried	Bread, wheat, toasted
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	Bread, white, commercially prepared (includes soft bread crumbs)
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	Bread, white, commercially prepared, toasted
	Bread, whole-wheat, commercially prepared

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

Bread, whole-wheat, commercially prepared, toasted	Carbonated beverage, root beer
Buckwheat flour, whole-groat	Carbonated beverage, SPRITE [®] , lemon-lime, w/o caffeine
Buckwheat groats, roasted, cooked	Carob flour
Bulgur, cooked	Carrots, baby, raw
Bulgur, dry	Carrots, raw
Butter, salted	Catsup
Butter, w/o salt	Cauliflower, cooked, boiled, drained, w/o salt
Cake, angel food, dry mix, prepared	Cauliflower, raw
Cake, Boston cream pie, commercially prepared	Celery, raw, 1 stalk
Cake, fruitcake, commercially prepared	Cereals ready-to-eat, GENERAL MILLS [®] , APPLE CINNAMON CHEERIOS [®]
Cake, pound, commercially prepared, fat-free	Cereals ready-to-eat, GENERAL MILLS [®] , BASIC 4 [®]
Cake, snack cakes, crème-filled, chocolate with frosting	Cereals ready-to-eat, GENERAL MILLS [®] , BERRY BERRY KIX [®]
Cake, snack cakes, crème-filled, sponge	Cereals ready-to-eat, GENERAL MILLS [®] , CHEERIOS [®]
Cake, sponge, commercially prepared	Cereals ready-to-eat, GENERAL MILLS [®] , CINNAMON TOAST CRUNCH [®]
Cake, white, from recipe with coconut frosting	Cereals ready-to-eat, GENERAL MILLS [®] , COCOA PUFFS [®]
Cake, white, from recipe w/o frosting	Cereals ready-to-eat, GENERAL MILLS [®] , Corn CHEX [®]
Candies, caramels	Cereals ready-to-eat, GENERAL MILLS [®] , GOLDEN GRAHAMS [®]
Candies, caramels, chocolate-flavor roll	Cereals ready-to-eat, GENERAL MILLS [®] , HONEY NUT CHEERIOS [®]
Candies, carob, unsweetened	Cereals ready-to-eat, GENERAL MILLS [®] , Honey Nut CHEX [®]
Candies, fudge, chocolate, from recipe	Cereals ready-to-eat, GENERAL MILLS [®] , Honey Nut CLUSTERS [®]
Candies, fudge, chocolate, with nuts, from recipe	Cereals ready-to-eat, GENERAL MILLS [®] , KIX [®]
Candies, fudge, vanilla with nuts	Cereals ready-to-eat, GENERAL MILLS [®] , LUCKY CHARMS [®]
Candies, fudge, vanilla, from recipe	Cereals ready-to-eat, GENERAL MILLS [®] , RAISIN NUT BRAN [®]
Candies, gumdrops, starch jelly pieces	Cereals ready-to-eat, GENERAL MILLS [®] , REESE'S PUFFS [®]
Candies, hard	Cereals ready-to-eat, GENERAL MILLS [®] , Rice CHEX [®]
Candies, jellybeans	Cereals ready-to-eat, GENERAL MILLS [®] , TOTAL [®] Corn Flakes
Candies, KIT KAT [®] Wafer Bar	Cereals ready-to-eat, GENERAL MILLS [®] , TOTAL [®] Raisin Bran
Candies, MARS [®] , M&M's [®] Milk Chocolate	Cereals ready-to-eat, GENERAL MILLS [®] , TRIX [®]
Candies, MARS [®] , M&M's [®] Peanut Chocolate	Cereals ready-to-eat, GENERAL MILLS [®] , Wheat CHEX [®]
Candies, MARS [®] , MILKY WAY [®] Bar	Cereals ready-to-eat, GENERAL MILLS [®] , WHEATIES [®]
Candies, MARS [®] , SNICKERS [®] Bar	
Candies, MARS [®] , STARBURST [®] Fruit Chews	
Candies, marshmallows	
Candies, milk chocolate	
Candies, milk chocolate coated peanuts	
Candies, milk chocolate coated raisins	
Candies, milk chocolate, with almonds	
Candies, MR. GOODBAR [®] Chocolate Bar	
Candies, NESTLÉ [®] , BUTTERFINGER [®] Bar	
Candies, REESE'S [®] Peanut Butter Cups	
Candies, semisweet chocolate	
Carambola, (starfruit), raw	
Carbonated beverage, club soda	
Carbonated beverage, cola, contains caffeine	
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	

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

Cereals ready-to-eat, GENERAL MILLS[®], WHEATIES[®] Raisin Bran
 Cereals ready-to-eat, GENERAL MILLS[®], Whole Grain TOTAL[®]
 Cereals ready-to-eat, KELLOGG'S[®] ALL-BRAN COMPLETE[®] Wheat Flakes
 Cereals ready-to-eat, KELLOGG'S[®] ALL-BRAN[®] Original
 Cereals ready-to-eat, KELLOGG'S[®] APPLE JACKS[®]
 Cereals ready-to-eat, KELLOGG'S[®] COCOA KRISPIES[®]
 Cereals ready-to-eat, KELLOGG'S[®] Corn Flakes
 Cereals ready-to-eat, KELLOGG'S[®] CORN POPS[®]
 Cereals ready-to-eat, KELLOGG'S[®] CRISPIX[®]
 Cereals ready-to-eat, KELLOGG'S[®] FROOT LOOPS[®]
 Cereals ready-to-eat, KELLOGG'S[®] FROSTED FLAKES[®]
 Cereals ready-to-eat, KELLOGG'S[®] FROSTED MINI-WHEATS[®], bite size
 Cereals ready-to-eat, KELLOGG'S[®] Honey SMACKS[®]
 Cereals ready-to-eat, KELLOGG'S[®] PRODUCT 19[®]
 Cereals ready-to-eat, KELLOGG'S[®] RAISIN BRAN[®]
 Cereals ready-to-eat, KELLOGG'S[®] RICE KRISPIES[®]
 Cereals ready-to-eat, KELLOGG'S[®] RICE KRISPIES TREATS[®] Cereal
 Cereals ready-to-eat, KELLOGG'S[®] SPECIAL K[®]
 Cereals ready-to-eat, KELLOGG'S[®] FROSTED MINI-WHEATS[®], original
 Cereals ready-to-eat, QUAKER[®], CAP'N CRUNCH[®]
 Cereals ready-to-eat, QUAKER[®], CAP'N CRUNCH[®] with CRUNCHBERRIES[®]
 Cereals ready-to-eat, QUAKER[®], CAP'N CRUNCH'S[®] PEANUT BUTTER CRUNCH[®]
 Cereals ready-to-eat, QUAKER[®], Low Fat 100% Natural Granola with Raisins
 Cereals ready-to-eat, QUAKER[®], 100% Natural Cereal with oats, honey, and raisins
 Cereals ready-to-eat, QUAKER[®], QUAKER OAT LIFE[®], plain
 Cereals ready-to-eat, QUAKER[®], QUAKER[®] toasted Oatmeal Cereal, Honey Nut

Cereals ready-to-eat, wheat germ, toasted, plain
 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free
 Cereals, corn grits, white, regular and quick, enriched, cooked with water, w/o salt
 Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, w/o salt
 Cereals, CREAM OF WHEAT[®], regular (10 minute), cooked with water, w/o salt
 Cereals, farina, enriched, assorted brands including CREAM OF WHEAT[®], quick (1-3 minutes), cooked with water, w/o salt
 Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)
 Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), w/o salt
 Cereals, QUAKER[®], corn grits, instant, plain, prepared (microwaved or boiling water added), w/o salt
 Cereals, QUAKER[®], Instant Oatmeal, apples and cinnamon, prepared with boiling water
 Cereals, QUAKER[®], Instant Oatmeal, maple and brown sugar, prepared with boiling water
 Cheese food, pasteurized process, American, w/o disodium phosphate
 Cheese sauce, from recipe
 Cheese spread, pasteurized process, American, w/o disodium phosphate
 Cheese, blue
 Cheese, camembert
 Cheese, cheddar
 Cheese, cottage, creamed, large or small curd
 Cheese, cottage, creamed, with fruit
 Cheese, cottage, lowfat, 1% milkfat
 Cheese, cottage, lowfat, 2% milkfat
 Cheese, cottage, nonfat, uncreamed, dry, large or small curd
 Cheese, cream
 Cheese, cream, fat free
 Cheese, feta
 Cheese, low fat, cheddar or Colby
 Cheese, mozzarella, part skim milk, low moisture
 Cheese, mozzarella, whole milk
 Cheese, Muenster
 Cheese, Neufchatel
 Cheese, parmesan, grated
 Cheese, pasteurized process, American, with disodium phosphate
 Cheese, pasteurized process, Swiss, with disodium phosphate
 Cheese, provolone

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

Cheese, ricotta, part skim milk	Cookies, chocolate sandwich, with crème filling, regular
Cheese, ricotta, whole milk	Cookies, fig bars
Cheese, Swiss	Cookies, graham crackers, plain or honey (includes cinnamon)
Cheesecake commercially prepared	Cookies, graham crackers, plain or honey (includes cinnamon)
Cherries, sour, red, canned, water pack, solids and liquids	Cookies, molasses
Cherries, sweet, raw	Cookies, oatmeal, commercially prepared, fat-free
Chicken pot pie, frozen entree, prepared	Cookies, oatmeal, commercially prepared, regular
Chicken roll, light meat	Cookies, peanut butter, commercially prepared, regular
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	Cookies, shortbread, commercially prepared, plain
Chicken, broilers or fryers, breast, meat only, cooked, roasted	Cookies, sugar, commercially prepared, regular (includes vanilla)
Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	Cookies, sugar, from recipe, made with margarine
Chicken, broilers or fryers, giblets, cooked, simmered	Cookies, sugar, refrigerated dough, baked
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	Cookies, vanilla sandwich with crème filling
Chicken, canned, meat only, with broth	Cookies, vanilla sandwich with crème filling
Chicken, liver, all classes, cooked, simmered	Cookies, vanilla wafers, lower fat
Chicken, stewing, meat only, cooked, stewed	Corn, sweet, white, cooked, boiled, drained, w/o salt
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, w/o salt	Corn, sweet, yellow, canned, cream style, regular pack
Chives, raw	Corn, sweet, yellow, canned, vacuum pack, regular pack
Chocolate syrup	Corn, sweet, yellow, cooked, boiled, drained, w/o salt
Chocolate-flavor beverage mix for milk, powder, w/o added nutrients	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, w/o salt
Chocolate-flavor beverage mix, powder, prepared with whole milk	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, w/o salt
CLIF [®] Nectar [™] cherry pomegranate	Cornmeal, degermed, enriched, yellow
CLIF [®] Nectar [™] cranberry apricot almond	Cornmeal, whole-grain, yellow
CLIF [®] Nectar [™] dark chocolate walnut	Cornstarch
CLIF [®] Nectar [™] lemon vanilla cashew	Couscous, cooked
Cocoa mix, no sugar added, powder	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, w/o salt
Cocoa mix, powder	Crackers, cheese, regular
Cocoa mix, powder, prepared with water	Crackers, cheese, sandwich-type with peanut butter filling
Cocoa mix, with aspartame, powder, prepared with water	Crackers, matzo, plain
Cocoa, dry powder, unsweetened	Crackers, Melba toast, plain
Coffee, brewed from grounds, prepared with tap water	Crackers, rye, wafers, plain
Coffee, brewed, espresso, restaurant-prepared	Crackers, saltines (includes oyster, soda, soup)
Coffee, instant, regular, prepared with water	Crackers, standard snack-type, regular
Cookies, brownies, commercially prepared	Crackers, standard snack-type, sandwich, with cheese filling
Cookies, brownies, dry mix, special dietary, prepared	Crackers, wheat, regular
Cookies, butter, commercially prepared, enriched	Crackers, whole-wheat
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	Cranberry juice cocktail, bottled
	Cranberry sauce, canned, sweetened

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

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust
Cream substitute, powdered	Fast Food, biscuit, with egg and sausage
Cream, fluid, half and half	Fast food, cheeseburger; single, regular patty, with condiments
Cream, fluid, heavy whipping	Fast food, chicken, breaded and fried, boneless pieces, plain
Cream, fluid, light (coffee cream or table cream)	Fast food, chili con carne
Cream, fluid, light whipping	Fast food, English muffin, with egg, cheese, and Canadian bacon
Cream, sour, cultured	Fast food, hamburger; single, regular patty; with condiments
Cream, sour, reduced fat, cultured	Fast food, potato, French fried in vegetable oil
Cream, whipped, cream topping, pressurized	Fast food, potatoes, hashed brown
Croissants, butter	Fast food, vanilla, light, soft-serve ice cream, with cone
Croutons, seasoned	Figs, dried, uncooked
Crustaceans, crab, Alaska king, imitation, made from surimi	Fish, Cod, Atlantic, canned, solids and liquid
Crustaceans, crab, blue, canned	Fish, fish portions and sticks, frozen, preheated
Crustaceans, crab, blue, cooked, moist heat	Fish, Flatfish (flounder and sole species), cooked, dry heat
Crustaceans, lobster, northern, cooked, moist heat	Fish, Flatfish (flounder and sole species), cooked, dry heat
Crustaceans, shrimp, mixed species, canned	Fish, Herring, Atlantic, pickled
Cucumber, peeled, raw	Fish, Pollock, walleye, cooked, dry heat
Danish pastry, cheese	Fish, Pollock, walleye, cooked, dry heat
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	Fish, Rockfish, Pacific, mixed species, cooked, dry heat
Dates, deglet noor	Fish, Roughy, orange, cooked, dry heat
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	Fish, Salmon, chinook smoked
Dessert topping, pressurized	Fish, Salmon, pink, canned, solids with bone and liquid
Dessert topping, semi solid, frozen	Fish, Salmon, sockeye, cooked, dry heat
DiabetEZE [®] nutrition energy bar	Fish, Sardine, Atlantic, canned in oil, drained solids with bone
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	Fish, Tuna, light, canned in water, drained solids
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	Fish, Tuna, white, canned in water, drained solids
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	Frankfurter, beef
Duck, domesticated, meat only, cooked, roasted	Frankfurter, beef and pork
Egg substitute, liquid	Frankfurter, chicken
Egg, white, raw, fresh	Frostings, vanilla, creamy, ready-to-eat
Egg, whole, cooked, fried	Frozen novelties, fruit and juice bars
Egg, whole, cooked, hard-boiled	Frozen novelties, ice type, pop
Egg, whole, cooked, poached	Frozen yogurts, vanilla, soft-serve
Egg, whole, cooked, scrambled	Fruit butters, apple
Egg, whole, raw, fresh	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids
Egg, yolk, raw, fresh	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids
Eggnog	Fruit punch drink, with added nutrients, canned
Eggplant, cooked, boiled, drained, w/o salt	
English muffins, plain, enriched, with ca prop (includes sourdough)	
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	
ENSURE [®] Powder	

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

Frybread, made with lard (Navajo)
Garlic, raw
Gelatin desserts, dry mix, prepared with water
Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water
Grape drink, canned
Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid
Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid
Grape juice, canned or bottled, unsweetened, w/o added ascorbic acid
Grapefruit juice, white, canned, sweetened
Grapefruit juice, white, canned, unsweetened
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted
Grapefruit juice, white, raw
Grapefruit, raw, pink and red, all areas
Grapefruit, raw, white, all areas
Grapefruit, sections, canned, light syrup pack, solids and liquids
Grapes, red or green (European type, such as Thompson seedless), raw
Gravy, beef, canned, ready-to-serve
Gravy, chicken, canned, ready-to-serve
Gravy, turkey, canned, ready-to-serve
Ham, chopped, not canned
Ham, sliced, extra lean
Ham, sliced, regular (approximately 11% fat)
Honey
Horseradish, prepared
Ice creams, chocolate
Ice creams, French vanilla, soft-serve
Ice creams, vanilla
Ice creams, vanilla, light
Ice creams, vanilla, rich
Jams and preserves
Jellies
Jerusalem-artichokes, raw
Kohlrabi, cooked, boiled, drained, w/o salt
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted
Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled
Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat,

Lard
Leavening agents, baking powder, double-acting, sodium aluminum sulfate
Leavening agents, baking powder, double-acting, straight phosphate
Leavening agents, baking powder, low-sodium
Leavening agents, baking soda
Leavening agents, cream of tartar
Leavening agents, yeast, baker's, active dry
Leavening agents, yeast, baker's, compressed
Lemon juice, canned or bottled
Lemon juice, raw
Lemonade, frozen concentrate, white, prepared with water
Lemonade, low calorie, with aspartame, powder, prepared with water
Lemonade-flavor drink, powder, prepared with water
Lemons, raw, w/o peel
Lentils, mature seeds, cooked, boiled, w/o salt
Lettuce, butterhead (includes boston and bibb types), raw
Lettuce, cos or romaine, raw
Lettuce, iceberg (includes crisphead types), raw
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, w/o salt
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, w/o salt
Lima beans, large, mature seeds, cooked, boiled, w/o salt
Lime juice, canned or bottled, unsweetened
Lime juice, raw
LUNA® Nutrition for Women, Apple Cinnamon
LUNA® Nutrition for Women, Blueberry Bliss
LUNA® Nutrition for Women, Strawberry Crumble
LUNA® Whole Nutrition Bar, Chocolate Raspberry
LUNA® Whole Nutrition Bar, Berry Almond
LUNA® Whole Nutrition Bar, Carmel Nut Brownie
LUNA® Whole Nutrition Bar, Chai Tea
LUNA® Whole Nutrition Bar, Chocolate Peppermint Stick
LUNA® Whole Nutrition Bar, Cookies 'n Cream Delight™
LUNA® Whole Nutrition Bar, Dulce de Leche
LUNA® Whole Nutrition Bar, Iced Oatmeal Raisin
LUNA® Whole Nutrition Bar, LemonZest™
LUNA® Whole Nutrition Bar, Mini-Caramel Nut Brownie
LUNA® Whole Nutrition Bar, Mini-Lemon Zest
LUNA® Whole Nutrition Bar, Mini-Nuts Over Chocolate

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

LUNA® Whole Nutrition Bar, Mini-Peanut Butter Cookie	Muffins, wheat bran, toaster-type with raisins, toasted
LUNA® Whole Nutrition Bar, Mini-S'mores	Mushrooms, canned, drained solids
LUNA® Whole Nutrition Bar, Mini-White Chocolate Macadamia	Mushrooms, shiitake, cooked, w/o salt
Macaroni and Cheese, canned entree	Mushrooms, shiitake, dried
Macaroni, cooked, enriched	Mushrooms, white, cooked, boiled, w/o salt
Malted drink mix, chocolate, with added nutrients, powder	Mushrooms, white, raw
Malted drink mix, chocolate, with added nutrients, powder,	Mustard, prepared, yellow
Malted drink mix, natural, with added nutrients, powder	Nectarines, raw
Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	Noodles, Chinese, chow mein
Mangos, raw	Noodles, egg, cooked, enriched
Margarine-like, vegetable oil spread, 60% fat, stick, with salt	Nuts, almonds
Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	Nuts, Brazil nuts, dried, unblanched
Melons, cantaloupe, raw	Nuts, cashew nuts, dry roasted, with salt added
Melons, honeydew, raw	Nuts, cashew nuts, oil roasted, with salt added
Milk shakes, thick chocolate and vanilla	Nuts, chestnuts, European, roasted
Milk, buttermilk, dried	Nuts, coconut meat, dried (desiccated), sweetened, shredded
Milk, buttermilk, fluid, cultured, lowfat	Nuts, coconut meat, raw
Milk, canned, condensed, sweetened	Nuts, hazelnuts or filberts
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	Nuts, macadamia nuts, dry roasted, with salt added
Milk, canned, evaporated, with added vitamin D and w/o added vitamin A	Nuts, mixed nuts, dry roasted, with peanuts, with salt added
Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	Nuts, mixed nuts, with peanuts, oil roasted, with salt added
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	Nuts, pecans
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	Nuts, pine nuts, dried
Milk, dry, nonfat, instant, with added vitamin A and vitamin D	Nuts, pistachio nuts, dry roasted, with salt added
Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	Nuts, walnuts, English
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	Oat bran, raw
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	Oil, canola
Milk, whole, 3.25% milkfat, with added vitamin D	Oil, corn, industrial and retail, all purpose salad or cooking
Mollusks, clam, mixed species, canned, drained solids	Oil, olive, salad or cooking
Mollusks, clam, mixed species, raw	Oil, peanut, salad or cooking
Mollusks, oyster, eastern, wild, raw	Oil, safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)
Muffins, corn, commercially prepared	Oil, sesame, salad or cooking
Muffins, oat bran	Oil, soybean, salad or cooking, (partially hydrogenated)
	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed
	Oil, sunflower, linoleic, (approx. 65%)
	Olives, ripe, canned (small-extra large)
	Onions, cooked, boiled, drained, w/o salt
	Onions, dehydrated flakes
	Onions, raw
	Orange juice, canned, unsweetened
	Orange juice, chilled, includes from concentrate
	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

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

Orange juice, frozen concentrate, unsweetened, undiluted	Pizza, cheese topping, regular crust, frozen, cooked
Orange juice, raw	Pizza, meat and vegetable topping, regular crust, frozen, cooked
Oranges, raw, all commercial varieties	Plantains, cooked
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	Plantains, raw
Papayas, raw	Plums, canned, purple, heavy syrup pack, solids and liquids
Parsnips, cooked, boiled, drained, w/o salt	Plums, canned, purple, juice pack, solids and liquids
Pasta with meatballs in tomato sauce, canned entree	Plums, raw
Peaches, canned, heavy syrup pack, solids and liquids	Pork and beef sausage, fresh, cooked
Peaches, canned, juice pack, solids and liquids	Pork sausage, fresh, cooked
Peaches, dried, sulfured, uncooked	Pork, cured, bacon, cooked, broiled, pan-fried or roasted
Peaches, frozen, sliced, sweetened	Pork, cured, Canadian-style bacon, grilled
Peaches, raw	Pork, cured, ham, extra lean and regular, canned, roasted
Peanut butter, chunk style, with salt	Pork, cured, ham, whole, separable lean and fat, roasted
Peanut butter, smooth style, with salt	Pork, cured, ham, whole, separable lean only, roasted
Peanuts, all types, dry-roasted, with salt	Pork, cured, ham, whole, separable lean and fat, cooked, roasted
Peanuts, all types, oil-roasted, with salt	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted
Pears, Asian, raw	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted
Pears, canned, heavy syrup pack, solids and liquids	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled
Pears, canned, juice pack, solids and liquids	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried
Pears, raw	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled
Peas, split, mature seeds, cooked, boiled, w/o salt	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried
Peppers, hot chili, green, raw	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised
Peppers, hot chili, red, raw	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised
Peppers, jalapeno, canned, solids and liquids	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised
Peppers, sweet, green, raw	Pork, fresh, spareribs, separable lean and fat, cooked, braised
Peppers, sweet, red, cooked, boiled, w/o salt	Potato pancakes
Peppers, sweet, red, raw	Potato puffs, frozen, oven-heated
Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	Potato, baked, flesh and skin, w/o salt
Pie fillings, apple, canned	Potatoes, baked, flesh, w/o salt
Pie, apple, commercially prepared, enriched flour	Potatoes, baked, skin, w/o salt
Pie, cherry, commercially prepared	Potatoes, boiled, cooked in skin, flesh, w/o salt
Pie, fried pies, fruit	Potatoes, boiled, cooked w/o skin, flesh, w/o salt
Pie, lemon meringue, commercially prepared	Potatoes, French fried, all types, salt added in processing, frozen, home-prepared, oven heated
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	
Pineapple, canned, juice pack, solids and liquids	
Pineapple, raw, all varieties	

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

Potatoes, hashed brown, frozen, plain, prepared	Salad dressing, Italian dressing, commercial, regular
Potatoes, hashed brown, home-prepared	Salad dressing, Italian dressing, reduced fat
Potatoes, mashed, dehydrated, prepared from flakes w/o milk, whole milk and butter added	Salad dressing, mayonnaise, soybean oil, with salt
Potatoes, mashed, home-prepared, whole milk added	Salad dressing, Russian dressing
Poultry food products, ground turkey, cooked	Salad dressing, Russian dressing, low calorie
PowerBar® BITES	Salad dressing, thousand island dressing, reduced fat
PowerBar® ENDURANCE	Salad dressing, thousand island, commercial, regular
PowerBar® Fruit Smoothie Energy Bar	Salami, cooked, beef and pork
PowerBar® GEL BLASTS energy chews	Salami, dry or hard, pork, beef
PowerBar® GEL	Salt, table
PowerBar® HARVEST®	Sandwich spread, pork, beef
PowerBar® NUT NATURALS	Sauce, barbecue
PowerBar® PERFORMANCE	Sauce, hoisin, ready-to-serve
PowerBar® PRIA®	Sauce, homemade, white, medium
PowerBar® PROTEINPLUS™	Sauce, ready-to-serve, pepper or hot
PowerBar® PROTEINPLUS™ (reduced sugar)	Sauce, salsa, ready-to-serve
PowerBar® PROTEINPLUS™ 30g	Sauce, teriyaki, ready-to-serve
PowerBar® RECOVERY	Sausage, Vienna, canned, chicken, beef, pork
PowerBar® TRIPLE THREAT®	Seaweed, kelp, raw
Prune juice, canned	Seaweed, spirulina, dried
Puddings, chocolate, dry mix, regular, prepared with 2% milk	Seeds, pumpkin and squash seed kernels, roasted, with salt added
Puddings, chocolate, ready-to-eat	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)
Puddings, rice, ready-to-eat	Seeds, sesame seed kernels, dried (decorticated)
Puddings, tapioca, ready-to-eat	Seeds, sunflower seed kernels, dry roasted, with salt added
Puddings, vanilla, ready-to-eat	Shake, fast food, chocolate
Pumpkin, cooked, boiled, drained, w/o salt	Shake, fast food, vanilla
Radishes, raw	Sherbet, orange
Raisins, seedless	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)
Raspberries, raw	Snack, potato chips, made from dried potatoes, plain
Refried beans, canned, traditional style (includes USDA commodity)	Snacks, beef jerky, chopped and formed
Rice drink, unsweetened, with added calcium, vitamins A and D	Snacks, corn-based, extruded, chips, plain
Rice, brown, long-grain, cooked	Snacks, corn-based, extruded, puffs or twists, cheese-flavor
Rice, white, long-grain, parboiled, enriched, cooked	Snacks, fruit leather, pieces
Rice, white, long-grain, parboiled, enriched, dry	Snacks, fruit leather, rolls
Rice, white, long-grain, precooked or instant, enriched, prepared	Snacks, granola bars, soft, uncoated, chocolate chip
Rice, white, long-grain, regular, cooked	Snacks, KELLOGG'S®, NUTRI-GRAIN® Cereal Bars, fruit
Rice, white, long-grain, regular, raw, enriched	Snacks, oriental mix, rice-based
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	Snacks, popcorn, air-popped
Rolls, hamburger or hotdog, plain	Snacks, popcorn, cakes
Rolls, hard (includes kaiser)	Snacks, popcorn, caramel-coated, with peanuts
Rutabagas, cooked, boiled, drained, w/o salt	Snacks, popcorn, caramel-coated, w/o peanuts
Salad dressing, French dressing, reduced fat	
Salad dressing, home recipe, cooked	

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

Snacks, popcorn, oil-popped, microwave, regular flavor	Spaghetti, whole-wheat, cooked
Snacks, pork skins, plain	Spices, celery seed
Snacks, potato chips, made from dried potatoes, reduced fat	Spices, chili powder
Snacks, potato chips, plain, salted	Spices, cinnamon, ground
Snacks, potato chips, plain, unsalted	Spices, curry powder
Snacks, potato chips, reduced fat	Spices, garlic powder
Snacks, pretzels, hard, plain, salted	Spices, onion powder
Snacks, rice cakes, brown rice, plain	Spices, oregano, dried
Snacks, tortilla chips, nacho cheese	Spices, paprika
Snacks, tortilla chips, plain, white corn	Spices, pepper, black
Soup, bean with pork, canned, prepared with equal volume water	Squash, summer, all varieties, cooked, boiled, drained, w/o salt
Soup, beef broth or bouillon, powder, dry	Squash, summer, all varieties, raw
Soup, beef noodle, canned, prepared with equal volume water	Squash, winter, all varieties, cooked, baked, w/o salt
Soup, chicken noodle, canned, prepared with equal volume water	Strawberries, frozen, sweetened, sliced
Soup, chicken noodle, dry, mix, prepared with water	Strawberries, raw
Soup, chicken with rice, canned, prepared with equal volume water	Sugars, brown
Soup, chunky chicken noodle, canned, ready-to-serve	Sugars, granulated
Soup, clam chowder, Manhattan, canned, prepared with equal volume water	Sugars, powdered
Soup, clam chowder, New England, canned, prepared with equal volume low fat (2%) milk	Sweet potato, canned, syrup pack, drained solids
Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	Sweet potato, canned, vacuum pack
Soup, cream of mushroom, canned, prepared with equal volume water	Sweet potato, cooked, baked in skin, w/o salt
Soup, onion, dry, mix	Sweet potato, cooked, boiled, w/o skin
Soup, onion, dry, mix, prepared with water	Sweet rolls, cinnamon, commercially prepared with raisins
Soup, pea, green, canned, prepared with equal volume water	Syrups, chocolate, fudge-type
Soup, stock, fish, home-prepared	Syrups, corn, light
Soup, tomato, canned, prepared with equal volume low fat (2%) milk	Syrups, maple
Soup, tomato, canned, prepared with equal volume water, commercial	Syrups, table blends, pancake
Soup, vegetable beef, canned, prepared with equal volume water	Syrups, table blends, pancake, reduced-calorie
Soup, vegetarian vegetable, canned, prepared with equal volume water	Taco shells, baked
Sour dressing, non-butterfat, cultured, filled cream-type	Tangerine juice, canned, sweetened
Soy sauce made from soy and wheat (shoyu)	Tangerines, (mandarin oranges), canned, light syrup pack
Soymilk, original and vanilla, unfortified	Tangerines, (mandarin oranges), raw
Spaghetti with meat sauce, frozen entree	Tapioca, pearl, dry
Spaghetti, cooked, enriched, w/o added salt	Tea, brewed, prepared with tap water
	Tea, herb, chamomile, brewed
	Tea, herb, other than chamomile, brewed
	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared
	Tea, instant, sweetened with sugar, lemon-flavored, w/o added ascorbic acid, powder, prepared
	Tea, instant, unsweetened, powder, prepared
	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)
	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)
	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)

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

Tomatillos, raw
Tomato juice, canned, with salt added
Tomato products, canned, puree, w/o salt added
Tomato products, canned, sauce
Tomatoes, red, ripe, canned, packed in tomato juice
Tomatoes, red, ripe, canned, stewed
Tomatoes, red, ripe, raw, year round average
Tomatoes, sun-dried
Tortillas, ready-to-bake or -fry, corn
Tortillas, ready-to-bake or -fry, flour
Turkey patties, breaded, battered, fried
Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted
Turkey, all classes, dark meat, cooked, roasted
Turkey, all classes, giblets, cooked, simmered, some giblet fat
Turkey, all classes, light meat, cooked, roasted
Turkey, all classes, meat only, cooked, roasted
Turkey, all classes, neck, meat only, cooked, simmered
Turnips, cooked, boiled, drained, w/o salt
UltraMAX™ Gold, Powder
Vanilla extract
Veal, leg (top round), separable lean and fat, cooked, braised

Viactiv® Multi-vitamin Soft Chews
Vinegar, cider
Vitamin, Hair Vitamins & Minerals
Vitamin, Sentivites Senior Multi Vit & Min Formula
Waffles, plain, frozen, ready -to-heat, toasted
Water, tap, municipal
Water chestnuts, Chinese, canned, solids and liquids
Watermelon, raw
Wheat flour, white, all-purpose, enriched, bleached
Wheat flour, white, all-purpose, self-rising, enriched
Wheat flour, white, bread, enriched
Wheat flour, white, cake, enriched
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 ounce
Yogurt, plain, whole milk, 8 grams protein per 8 ounce