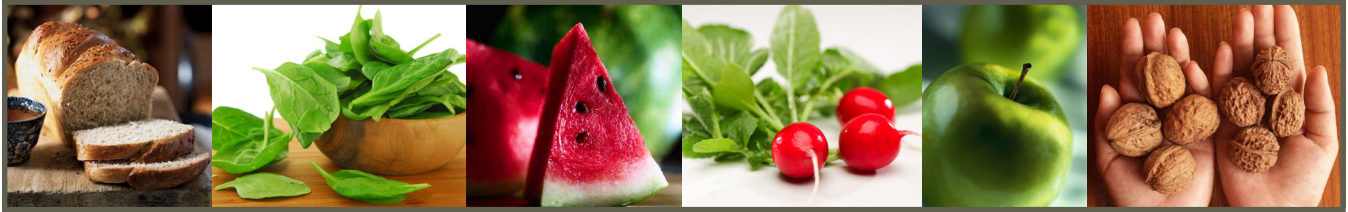


## Vitamin K Registry



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

Algae, purple	Cabbage, savoy, raw
Amaranth leaf, raw	Carrot juice, canned
Apple peel, green	Chayote leaf, cooked
Asatsuki, leaf	Chayote leaf, raw
Ashitaba, leaf	Chips, cheeto-type cheese snack chips
Asparagus, canned, drained	Chips, olestra potato chips
Asparagus, cooked, boiled, drained	Chives, raw
Asparagus, fresh/frozen, boiled	Chow Mein, beef
Asparagus, frozen, boiled	Chrysanthemum, garland
Asparagus, frozen, cooked, boiled, drained	Coleslaw
Avocado, peeled	Collards, boiled, without salt
Basella, raw leaf	Collards, frozen, boiled, chopped
Beans, raw pod	Coriander leaf, cooked
Beans, snap, raw	Coriander leaf, raw
Beet greens, boiled	Cowpeas, black eyes, boiled, frozen
Bell tree dahlia, cooked leaf	Cowpeas, black-eyed, boiled, fresh
Bell tree dahlia, raw leaf	Cucumber skin raw only
Blackberries, raw	Cucumber, w/peel, raw
Blueberries, frozen	Dandelion greens, boiled
Blueberries, raw	Endive, raw
Bok chow	Ensure <sup>®</sup> High Calcium, 8 ounce
Boost <sup>®</sup>	Fast foods, coleslaw
Boost <sup>®</sup> Plus	Fish, tuna in oil
Boost <sup>®</sup> , fiber	Kale leaf, raw
Boost <sup>®</sup> , high protein	Kale, broiled
Boost <sup>®</sup> , high protein powder	Kale, frozen, broiled, drained
Bread crumbs, seasoned	Kiwifruit, raw
Broccoli, boiled	Lettuce, Boston
Broccoli, frozen, chopped, boiled	Lettuce, butter head
Broccoli, raw	Lettuce, iceberg
Brussels sprouts, frozen, boiled	Lettuce, loose-leaf
Brussels sprouts, raw	Lettuce, red leaf
Brussels sprouts, top leaf	Lettuce, romaine
Cabbage, boiled, drained w/o salt	Margarine, hard stick, soybean oil
Cabbage, Chinese, boiled, drained w/o salt	Mayonnaise
Cabbage, raw	Mint leaf
Cabbage, red, raw	Mint leaf, cooked

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

Muffin, blueberry	Roctish, raw leaf
Mung beans, boiled	Salad dressing, French, light
Mung beans, mature seeds, raw	Salad dressing, French, regular
Mustard greens, boiled	Salad dressing, Italian, regular
Mustard greens, raw	Salad dressing, ranch, light
Nightshade leaf, cooked	Salad dressing, ranch, regular
Nightshade leaf, raw	Salad dressing, thousand island, regular
Noodles, egg, spinach, cooked	Samat, cooked leaf
Nuts, pine	Samat, raw leaf Sauce, spaghetti/marinara
Nuts, pistachio	Sauerkraut, canned
Okra, boiled	Scallions
Okra, frozen, boiled	Seaweed, laver, purple
Onions, spring	Soybeans, boiled
Osh, raw leaf	Soybeans, dry-roasted
Parsley, cooked	Soybeans, raw
Parsley, raw	Spinach leaf, raw
Parsley, raw leaf	Spinach soufflé
Peas, edible-podded, cooked	Spinach, boiled w/out salt
Peas, edible-podded, frozen, boiled	Spinach, canned, drained solids
Peas, edible-podded, raw	Spinach, frozen chopped or whole leaf, microwaved
Peas, green, canned	Spinach, frozen, chopped or leaf, boiled
Peas, green, frozen, boiled	Spinach, raw
Perilla, raw leaf	Swiss chard leaf, raw
Pickles, dill	Tea leaves, black
Pie crust, cookie-type, recipe	Tea leaves, green
Pie crust, standard type, recipe	Tortilla, olestra chips
Pistachio nuts, dried	Turnip greens, boiled, drained
Plums, dried, uncooked	Turnip greens, frozen, boiled
Prunes, fresh	Turnip greens, raw
Pumpkin, canned, without salt	Vegetables, mixed, frozen, boiled
Purslane, raw	Vegetables, mixed, frozen, boiled, drained
Rhubarb, frozen, cooked	Viactiv <sup>®</sup> , 3 squares, vitamin K fortified
Roctish, cooked leaf	Watercress, raw

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

Abalone, mixed species, raw	Berries, blackberries
Alfalfa seeds, spouted, raw	Berries, blueberries
Apple peel, red	Boost <sup>®</sup> , pudding
Apple pie, fresh/frozen, commercial	Bread stuffing, prepared
Artichokes, cooked, boiled	Bread, dinner rolls
Artichokes, cooked, broiled w/o salt	Biscuit with egg and sausage
Artichokes, raw	Buns, cinnamon
Avocados, raw	Candies, confectioners coating
Beans, kidney, red, boiled w/o salt	Carrots, boiled
Beans, snap, green, canned, regular pack, drained	Carrots, canned
Beans, snap, green, cooked, boiled, drained, without salt	Carrots, frozen, boiled
Beans, snap, green, frozen, cooked, boiled, drained, without salt	Carrots, whole or sliced, micro waved
Beans, snap, yellow cooked	Cauliflower, broiled
	Cauliflower, boiled, drained, w/o salt
	Cauliflower, frozen, boiled
	Cauliflower, raw

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

Celery, broiled	Oils, vegetable
Celery, raw	Onions, yellow cooked
Cereal bar	Orange single
Cheese puffs or twists	Pears, Asian, raw
Chicken sandwich, fast food	Peppers, green, boiled
Chicken, tenders, frozen, cooked	Peppers, red, cooked
Cinnamon buns	Pickle relish, sweet
Coffee, brewed	Pie crust, frozen, ready to bake
Crackers, cheese	Pie, blueberry, commercially prepared
Crackers, cheese with peanut butter	Pies, apple, frozen
Cucumber, peeled, raw	Pies, crust, chocolate
Cucumber, w/peel, raw	Pies, crust, graham cracker
Cucumber, with skin	Pies, pecan, frozen
Cupcakes, chocolate	Pies, pumpkin, frozen
Éclairs, custard filled with chocolate	Pinto beans, raw
Ensure <sup>®</sup>	Pizza, pepperoni, cooked
Ensure <sup>®</sup> , high protein	Plums, canned, heavy syrup
Ensure <sup>®</sup> , light	Plums, canned, juice pack
Ensure <sup>®</sup> , nutrition bars	Potato chips
Ensure <sup>®</sup> , plus	Potatoes, French fries
Ensure <sup>®</sup> , pudding	Potatoes, mashed, homemade, whole milk
Fast food, French fries, in vegetable oil	Raspberries, frozen, red
Fast food, pancake, sausage	Rice flour
Fast foods, French toast sticks	Salad dressing, blue cheese
Fish sandwich, fast food	Salad dressing, French
Grapes, red or green – (3.5 ounces)	Salad dressing, homemade, vinegar and oil
Hamburger, >4 oz., cheese, "special sauce"	Salad dressing, Russian
Hamburger, 2-4 oz., with "special sauce"	Salad dressing, thousand island, commercial
Hamburger, with sauce (>4 oz)	Salad dressing, thousand island, light
Kidney beans, raw Leek, raw	Seeds, pumpkin, squash
Lentils, raw	Snacks, corn-based, extruded puffs
Lettuce, cos or romaine	Soup, cup of soup, chicken, dry
Lettuce, iceberg	Soup, vegetable, ready serve
Malabar gourd leaf	Spices, parsley, dried
Margarine, regular, unspecified oils	Taco
Margarine, tub, 80% fat	Taco salad
Margarine, vegetable spread, 60% fat	Taco with beef
Margarine-butter blend, 60% corn oil	Tomato paste
Miso	Tomato, red, ripe
MonaVie™, Original, 2 liquid ounces	Tuna, in oil
MonaVie™, Active, 2 liquid ounces	Tuna, noodle casserole
MonaVie™, Pulse, 2 liquid ounces	Turkey patties, breaded, fried
Nuts, chestnuts	Vegetable juice cocktail, canned
Nuts, pistachios	Vegetables, mixed, canned
Oil, canola	Waffles, buttermilk, uncooked, toasted

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

Alcoholic beverage, beer, light	Alcoholic beverage, distilled, all 80 proof
Alcoholic beverage, beer, regular, all	Alcoholic beverage, distilled, all 86 proof
Alcoholic beverage, daiquiri	Alcoholic beverage, distilled, all 90 proof

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

Alcoholic beverage, liqueur, coffee, 53 proof	Beef, bottom round cooked
Alcoholic beverage, pina colada	Beef, chuck, blade roast
Alcoholic beverage, wine, dessert, dry	Beef, cured, corned beef
Alcoholic beverage, wine, dessert, sweet	Beef, cured, dried
Alcoholic beverage, wine, table, red	Beef, eye of round, cooked
Alcoholic beverage, wine, table, white	Beef, ground, 75% lean
Almond extract	Beef, ground, 80% lean
Apple juice, canned or bottled	Beef, ground, 85% lean
Apple sauce, bottled	Beef, ground, broiled (high fat)
Apple sauce, canned	Beef, ground, broiled (low fat)
Apple, fugi	Beef, ground, broiled (medium fat)
Apple, gala	Beef, liver, braised
Apple, golden delicious, with peel	Beef, liver, calf, braised
Apple, golden delicious, without peel	Beef, liver, calf, pan-fried
Apple, granny smith	Beef, liver, calf, raw
Apple, red delicious, with peel	Beef, liver, raw
Apple, red delicious, without peel	Beef, round, braised
Apple, without the skin, raw	Beef, round, braised, lean
Apples, dried, sulfured, uncooked	Beef, round, eye of round, roasted
Applesauce, canned, unsweetened	Beef, stew, uncooked
Applesauce, canned, sweetened, w/o salt	Beef, top sirloin, broiled
Apricots, canned, heavy syrup, w/skin	Beets, boiled
Apricots, canned, juice packed w/skin	Beets, canned, drained
Apricots, canned, water pack with skin	Beets, raw
Apricots, dried, unsulfured, uncooked	Berries, cherries
Apricots, raw	Berries, cranberries
Bacon, raw, pan-fried, micro-waved, cooked or baked	Berries, raspberries
Bagel, cinnamon-raisin	Berries, strawberries
Bagel, plain	Biscuits, plain or buttermilk
Baking chocolate, unsweetened	Blueberries, canned heavy syrup
Baking powder	Bologna, beef or pork
Baking soda	Boost <sup>®</sup> Breeze
Bamboo Shoots, canned	Bran flakes
Bananas, raw	Braunschweiger, pork
Barley flour	Bread crumbs, dry, grated, plain
Barley, dry	Bread crumbs, plain
Barley, pearled, cooked	Bread, corn
Barley, pearled, raw	Bread, egg
Beans, baked canned, with pork, tomato sauce	Bread, French or Vienna
Beans, baked, canned	Bread, hamburger/hot dog roll
Beans, baked, canned w/franks	Bread, Indian
Beans, baked, canned, plain	Bread, Italian
Beans, baked, canned, with pork, sweet sauce	Bread, mixed grain
Beans, kidney, red canned	Bread, multi-grain, includes whole-grain
Beans, navy, boiled, without salt	Bread, multi-grain, includes whole-grain, toasted
Beans, pinto, mature seeds boiled	Bread, oatmeal
Beans, white, canned	Bread, pita white enriched
Beef jerky	Bread, pumpernickel
Beef liver, pan fried	Bread, raisin, enriched
Beef macaroni, frozen entrée	Bread, raisin, enriched, toasted
Beef stew, canned entrée	Bread, reduced-calorie, rye
	Bread, reduced-calorie, wheat

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

Bread, reduced-calorie, white	Carbonated beverage, low calorie, w/o caffeine
Bread, refrigerated biscuits	Carbonated beverage, root beer
Bread, rye	Carob flour
Bread, rye, toasted	Carrots, baby, raw
Bread, wheat	Catsup
Bread, white	Cereal, natural granola, oats and honey
Bread, whole-wheat	Cereals, ALL-BRAN®
Buckwheat flour, whole groat, cooked	Cereals, APPLE JACKS®
Bulgur, cooked	Cereals, CAP'N CRUNCH®
Bulgur, dry	Cereals, CAP'N CRUNCH PEANUT BUTTER CRUNCH®
Burrito, frozen, bean and cheese	Cereals, CAP'N CRUNCH W/CRUNCHBERRIES®
Burrito, frozen, beef and bean, cooked	Cereals, COCOA KRISPIES®
Burrito, frozen, beef and bean, uncooked	Cereals, COMPLETE WHEAT BRAN FLAKES®
Burritos, with beans	Cereals, CORN FLAKES®
Burritos, with beef	Cereals, CORN POPS®
Burritos, with chicken	Cereals, CREAM OF WHEAT®
Butter, salted	Cereals, CRISPIX®
Butter, unsalted	Cereals, FROOT LOOPS®
Butterfly bream, raw	Cereals, FROSTED FLAKES®
Cabbage, turnip, raw	Cereals, FROSTED MINI-WHEATS®
Cake, angel food	Cereals, GM, APPLE CINNAMON CHEERIOS®
Cake, Boston cream pie	Cereals, GM, BASIC 4®
Cake, fruitcake, commercial	Cereals, GM, BERRY BERRY KIX®
Cake, pound cake, fat-free	Cereals, GM, CHEERIOS®
Cake, snack cakes, crème-filled	Cereals, GM, CINNAMON TOAST CRUNCH®
Cake, sponge Cake, white w/coconut frosting	Cereals, GM, COCOA PUFFS®
Cake, white w/out frosting	Cereals, GM, Corn CHEX®
Candies, BUTTERFINGER®	Cereals, GM, GOLDEN GRAHAMS®
Candies, caramels	Cereals, GM, HONEY NUT CHEERIOS®
Candies, caramels, chocolate-flavor	Cereals, HONEY NUT CHEX®
Candies, carob	Cereals, HONEY NUT CLUSTERS®
Candies, fudge, homemade	Cereals, HONEY NUT HEAVEN®
Candies, fudge, vanilla	Cereals, Instant Oatmeal, apples & cinnamon
Candies, fudge, with nuts	Cereals, Instant Oatmeal, maple or brown sugar
Candies, gumdrops, starch jelly	Cereals, KIX®
Candies, gumdrops, starch jelly pieces	Cereals, LUCKY CHARMS®
Candies, hard	Cereals, NATURAL GRANOLA W/RAISINS®
Candies, jellybeans	Cereals, oats, fortified
Candies, KIT KAT®	Cereals, oats, instant, un-enriched cooked in water
Candies, M&M MARS®, M&M's®	Cereals, PRODUCT 19®
Candies, marshmallows candies, milk chocolate	Cereals, Quaker®, natural granola, w/raisons
Candies, MILKY WAY®	Cereals, Quaker®, 100% natural cereal with oats, honey, raisons
Candies, M&M's® with peanuts	Cereals, Quaker®, oat life
Candies, MR. GOODBAR®	Cereals, Quaker®, toasted oatmeal cereal w/honey nut
Candies, REESES PEANUT BUTTER CUPS®	Cereals, RAISIN BRAN®
Candies, semisweet chocolate	Cereals, RAISIN NUT BRAN®
Candies, STARBURST®	Cereals, REESE'S PUFFS®
Cantaloupe Carambola (starfruit), raw	Cereals, RICE CHEX®
Carbonated beverage, club soda	Cereals, RICE KRISPIES®
Carbonated beverage, cola	Cereals, RICE KRISPIES TREATS®
Carbonated beverage, ginger ale	
Carbonated beverage, lemon-lime	

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

Cereals, shredded wheat	Chips, corn
Cereals, SPECIAL K®	Chocolate, flavored powder mix
Cereals, SUGAR SMACKS®	Chocolate, syrup
Cereals, TOTAL CORN FLAKES®	Clam, mixed species, raw
Cereals, TRIx®	Clams, canned
Cereals, WHEAT CHEX®	Clams, mixed species, raw
Cereals, wheat germ, toasted	Cocoa mix, powder, no sugar
Cereals, WHEATIES®	Cocoa mix, powder, prepared w/water
Cereals, WHOLE GRAIN TOTAL®	Cocoa mix, powder, w/aspartame
Cheese food, American pasteurized	Coffee, brewed, espresso, restaurant
Cheese spread, American pasteurized	Coffee, instant, regular
Cheese, American	Cola, diet
Cheese, blue	Cola, regular
Cheese, camembert	Cookies, brownies, commercially prepared
Cheese, cheddar	Cookies, butter, commercially prepared
Cheese, cheddar, low fat	Cookies, chocolate chip, commercially prepared
Cheese, cottage 1% milk fat	Cookies, cream filling sandwich
Cheese, cottage 2% milk fat	Cookies, fig bars
Cheese, cottage, creamed with fruit	Cookies, graham crackers, plain or honey
Cheese, cottage, large or small curd	Cookies, molasses
Cheese, cream	Cookies, oatmeal, commercially prepared
Cheese, cream, fat free	Cookies, oatmeal, fat free, store brand
Cheese, feta	Cookies, peanut butter, commercially prepared
Cheese, mozzarella, part skim, low moisture	Cookies, shortbread, commercially prepared
Cheese, mozzarella, whole milk	Cookies, sugar, commercially prepared
Cheese, Muenster	Cookies, sugar, homemade, with margarine
Cheese, parmesan, grated	Cookies, vanilla sandwich, crème filling
Cheese, pasteurized American	Cookies, vanilla wafers, low fat
Cheese, provolone	Corn chips
Cheese, ricotta, skim milk	Corn flakes
Cheese, ricotta, whole milk	Corn, boiled, canned
Cheese, Swiss	Corn, cream style
Cherries, raw, sweet	Corn, sweet, boiled
Cherries, red, canned	Corn, sweet, raw
Chicken liver, all classes	Cornmeal, de-germed, enriched yellow
Chicken meat, raw	Cornmeal, whole-grain, yellow
Chicken nuggets	Cornstarch
Chicken pot pie, cooked	Couscous, cooked
Chicken roll, light meat	Cowpeas, common, raw
Chicken, barbeque	Crab, canned
Chicken, broilers or fryers breast meat roasted	Crackers, graham
Chicken, broilers or fryers breast meat, fried	Crackers, matzo
Chicken, broth (99% fat free)	Crackers, melba toast
Chicken, canned, meat only with broth	Crackers, peanut butter filled
Chicken, liver, all classes, cooked	Crackers, rye, wafers, plain
Chicken, nuggets, frozen, uncooked	Crackers, saltines
Chicken, stewed	Crackers, wheat
Chicken, tenders, frozen, uncooked	Crackers, whole-wheat
Chickpeas, garbanzo beans	Cranberry juice cocktail
Chili con carne	Cranberry sauce, canned sweetened
Chili, canned, meat and beans, uncooked	Cream of tarter
Chili, canned, meat no beans, uncooked	Cream of wheat, uncooked, cooked

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

Cream substitute, w/hydrogenated vegetable oil and soy protein	Fast food, ham, egg, cheese
Cream, half and half	Fast food, hamburger, w/condiments
Cream, heavy whipping	Fast food, pizza chain, pepperoni
Cream, light (coffee or table)	Fast food, potatoes, hashed browns
Cream, sour	Fast foods, chicken breaded
Cream, sour, reduced fat, cultured	Fast foods, chili con carne
Cream, substitute, liquid	Fast foods, soft ice milk with cone
Cream, substitute, powdered	Figs, dried
Cream, whipped cream topping	Fish, cod, canned
Croissants, butter	Fish, flatfish flounder or sole
Croutons, seasoned	Fish, haddock, pan cooked
Crustaceans, blue crab	Fish, halibut, raw, Alaskan wild
Crustaceans, crab, Alaskan king	Fish, herring, pickled
Crustaceans, lobster, north	Fish, orange roughy fillet, raw or baked
Crustaceans, shrimp	Fish, pollock, walleye, cooked
Cucumber, peeled, raw	Fish, portions and sticks, frozen
Cucumber, without skin	Fish, red mullet
Danish pastry, cheese	Fish, rock-fish, cooked
Danish pastry, with fruit	Fish, salmon, Chinook, smoked
Dates, deglet noor	Fish, salmon, raw, (Coho, Sockeye, Chum, King)
Dessert topping, powdered	Fish, sardine in oil
Dessert topping, pressurized	Fish, tilapia
Dessert topping, semi solid, frozen	Fish, tuna, light, canned, packed in water
Doughnuts, chocolate covered	Fish, tuna in water
Doughnuts, glazed (includes honey buns)	Flour, barley
Doughnuts, old fashion	Flour, wheat, whole-grain
Doughnuts, powdered sugar	Flour, white, all -purpose
Duck, roasted, meat only	Frankfurter, beef and pork
Eel, mixed species, raw	Frankfurter, beef hotdog
Egg, fried	Frankfurter, chicken
Egg, hard-boiled	Frostings, vanilla
Egg, poached	Frozen juice bars
Egg, scrambled	Frozen novelties, ice type, pop
Egg, Spanish omelet	Frozen yogurt, vanilla
Egg, steak, cheese	Fruit butters, apple
Egg, substitute liquid	Fruit cocktail, canned, water pack
Egg, white	Fruit leather
Egg, whole, fresh	Fruit punch, canned, added nutrients
Egg, yolk	Fruit spread, assorted flavors
Eggnog	Frybread, w/lard (Navajo)
Eggplant, boiled	Garlic, raw
Eggplant, raw	Gelatin desserts, dry mix
Emmenthal	Gelatin desserts, dry mix, reduced calorie, w/aspartame
English muffins	Grape drink, canned
English muffins, cinnamon raisin, unprepared and toasted	Grape juice, canned or bottled
Fast food, bacon and egg	Grapefruit juice, canned
Fast food, bacon and egg and cheese	Grapefruit juice, pink, raw
Fast food, cheeseburger, w/condiments	Grapefruit juice, white, frozen concentrate
Fast food, egg and cheese	Grapefruit, raw
Fast food, French fries, in vegetable oil	Grapes, red or green
	Gravy, beef, canned

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

Gravy, chicken, canned	Macaroni and cheese, boxed, dry powder, cooked
Gravy, turkey, canned	Macaroni and cheese, boxed, prepared sauce
Grits, cooked	Macaroni and cheese, canned, cooked
Grits, corn, uncooked, cooked	Macaroni, cooked
Ham, chopped, not canned	Mackerel, Atlantic, raw
Ham, roasted or pan-broiled	Malted drink mix, added nutrients
Ham, sliced, extra lean	Malted drink mix, chocolate
Hamburger, 2-4 oz	Mangos, raw
Hamburger, 2-4 oz, with cheese	Margarine-like spread, 40% fat
HEALTHY CHOICE® beef macaroni, frozen	Meatloaf
Honey	Melons, cantaloupe
Honeydew melon	Melons, cantaloupe, raw
Horse meat	Melons, honeydew
Horseradish, prepared	Melons, honeydew, raw
Hot dogs, all beef, regular fat, cooked	Melons, watermelon
Hot dogs, all beef, regular fat, uncooked	Milk shake, thick chocolate
Hot dogs, chicken, regular fat, cooked	Milk shake, thick vanilla
Hot dogs, chicken, regular fat, uncooked	Milk, 1% low fat, added vitamin A
Ice creams, chocolate	Milk, 2% low fat, added vitamin A
Ice creams, French vanilla, soft serve	Milk, buttermilk, fluid
Ice creams, vanilla	Milk, buttermilk, dried milk, chocolate, 2%
Ice creams, vanilla, rich	Milk, chocolate, low fat
Ice novelties, flavored ice pops	Milk, chocolate, reduced fat
Jams and preserves	Milk, condensed
Jellies	Milk, dry, whole
Kohlrabi, boiled	Milk, evaporated
Lamb, leg	Milk, skim
Lamb, loin, broiled	Milk, soy
Lard	Milk, whole (3.25% fat)
Lasagna, frozen, cheese, no meat, no vegetables, cooked	Milk, whole (3.3% fat)
Lasagna, frozen, cheese, no meat, no vegetables, uncooked	Millet, uncooked
Lasagna, frozen, meat, lower fat, uncooked	Mollusks, clam, canned, drained
Lasagna, frozen, meat, uncooked	Mollusks, clam, mixed species, raw
Leavening agents, baker's yeast	Mollusks, oyster, eastern, wild, raw
Leavening agents, baking powder, sodium aluminum sulfate	Muffins, corn, store brand
Leavening agents, baking powder, straight phosphate	Muffins, oat bran
Leavening agents, baking soda	Muffins, wheat bran, w/raisins, toasted
Leavening agents, cream of tartar	Mushroom, soup, canned
Lemon juice, canned or bottled	Mushrooms, boiled
Lemon juice, raw	Mushrooms, raw
Lemon peel, raw	Mushrooms, shiitake, cooked
Lemonade, frozen concentrate	Mustard, yellow
Lemonade-flavored drink, powdered mix	Nachos
Lettuce, butter head	Navy beans, raw
Lima beans, frozen, boiled	Nectarines
Lima beans, large beans, boiled	Noodles, Chinese, chow mein
Lime juice, canned or bottled	Noodles, egg, cooked
	Nuts, almonds
	Nuts, Brazilian
	Nuts, cashew, dry roasted
	Nuts, cashew, oil roasted
	Nuts, coconut meat, dried

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

Nuts, hazelnuts or filberts	Peppers, hot chili, green, raw
Nuts, macadamia, dry roasted	Peppers, hot chili, red, raw
Nuts, mixed with peanuts	Peppers, jalapeno, canned
Nuts, mixed, oil roasted with peanuts	Peppers, red, raw
Nuts, peanuts	Peppers, sweet, green, raw
Nuts, pecans	Pickles, sweet cucumber
Nuts, walnuts	Pie fillings, apple, canned
Oat bran, raw	Pie, apple, commercially prepared
Oatmeal, instant, dry plain	Pie, cherry, commercially prepared
Octopus, common, raw	Pie, fruit
Oil, almond	Pie, lemon meringue, commercially prepared
Oil, corn	Pie, pecan, commercially prepared
Oil, olive	Pie, pumpkin, commercially prepared
Oil, peanut, salad or cooking	Pimento, canned
Oil, safflower	Pineapple and grapefruit drink
Oil, sesame	Pineapple juice, canned
Oil, soybean, salad or cooking, hydrogenated	Pineapple, canned, heavy syrup
Oil, sunflower	Pineapple, canned, juice pack
Oil, walnut	Pizza, cheese, take-out
Olives, canned	Pizza, frozen, cheese, regular thin crust, cooked
Onions, dehydrated flakes	Pizza, frozen, cheese, rising crust, uncooked
Onions, raw	Pizza, frozen, meat and vegetable, cooked
Orange juice	Pizza, pepperoni, sausage, cooked
Orange juice, frozen concentrate	Plantain, cooked
Oranges, all commercial varieties	Plums, raw
Oyster, Eastern, wild, raw	Pomegranate, wonderful juice
Pacific saury, raw	Popcorn, air-popped
Pancakes, buttermilk, (prepared from mix)	Popcorn, caramel-coated
Pancakes, frozen, plain	Popcorn, oil-popped
Papayas, raw	Pork and beef sausage, cooked
Parsnips, boiled, drained	Pork sausage, cooked
Parsnips, raw	Pork skins
Pasta, elbow macaroni	Pork, cured bacon, pan fried
Pasta, spaghetti, unprepared and cooked	Pork, cured ham
Pasta, w/meatballs, tomato sauce, canned	Pork, cured, Canadian-style bacon
Peach, single	Pork, fresh leg, bone in
Peaches, canned, heavy syrup	Pork, loin, raw, pan-broiled, braised
Peaches, canned, juice pack	Pork, spareribs
Peaches, dried, uncooked	Potato chips, light
Peaches, frozen, sliced	Potato chips, plain
Peanut Butter, chunk style	Potato chips, salted
Peanut Butter, smooth style	Potato pancakes
Peanuts, all types, oil roasted	Potato puffs
Peanuts, raw	Potatoes, baked with skin
Pears, Bartlett	Potatoes, baked, flesh and skin
Pears, bosc	Potatoes, baked, skin
Pears, canned, heavy syrup	Potatoes, fresh, raw
Pears, canned, water pack	Potatoes, hashed brown, frozen prepared
Pears, green Anjou	Potatoes, hashed brown, homemade
Pears, red Anjou	Potatoes, mashed, prepared with flakes
Peas, split, boiled	Potatoes, mashed, prepared with flakes
Peppers, green, raw	Potatoes, red, cooked
	Potatoes, red, raw

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

Potatoes, russet, cooked	Sauce, barbecue
Potatoes, russet, raw	Sauce, hoisin, ready-to-serve
Potatoes, skin, baked	Sauce, pepper or hot
Potatoes, white, raw	Sauce, salsa
Potatoes, with skin, baked	Sauce, teriyaki
Poultry food products, ground turkey, cooked	Sausage and cheese
POWERBAR®	Sausage and egg
Pretzels, hard	Sausage, egg, cheese
Prune juice, bottled	Sausage, Vienna, canned, chicken, beef, pork
Prune juice, canned	Seaweed, kelp, raw
Prunes, dried	Seaweed, laver, green
Puddings, chocolate, ready to eat	Seaweed, spirulina, dried
Puddings, tapioca, ready to eat	Seeds, sesame
Puddings, vanilla ready to eat	Seeds, sunflower
Puffed rice	Semolina
Puffed wheat, plain	Sesame seeds, dried
Pumpkin, boiled, drained	Shake, fast food chocolate
Quarter-pounder	Shake, fast food vanilla
Quarter-pounder w/cheese	Sherbet, orange
Rabbit	Shortening, soybean, cottonseed
Radishes, raw	Shrimp, cooked or canned
Raisins, seedless	Shrimp, mixed species, raw
Raspberries, raw	Snacks, beef jerky, chopped
Refried beans, canned	Snacks, corn-based, extruded chips
Rice cake, brown rice, plain	Snacks, fruit leather pieces
Rice cakes, brown rice	Snacks, fruit leather rolls
Rice, brown long grained, cooked	Soup, bean with pork
Rice, white, long grained, cooked	Soup, beef broth, bullion
Rice, white, long grained, dry	Soup, beef noodle canned
Rice, wild, cooked	Soup, chicken noodle, canned ready to serve
Rolls, dinner, plain	Soup, chicken noodle, dehydrated
Rolls, hamburger or hotdog	Soup, chicken with rice
Rolls, hard	Soup, clam chowder, Manhattan
Rutabagas, boiled	Soup, clam chowder, New England
Sake	Soup, cream of chicken, condensed
Salad dressing , French, reduced fat	Soup, cream of mushroom
Salad dressing , Italian, reduced fat	Soup, cream of mushroom, condensed
Salad dressing, French, fat-free	Soup, fish stock
Salad dressing, Italian commercial	Soup, onion, dry
Salad dressing, Italian, fat-free	Soup, pea, green
Salad dressing, Italian, lite	Soup, ramen noodle, beef flavor, dry
Salad dressing, mayonnaise , soybean oil	Soup, ramen noodle, chicken flavor, dry
Salad dressing, ranch, fat-free	Soup, tomato w/milk
Salad dressing, thousand island, fat-free	Soup, tomato w/water
Salad dressing, thousand island, reduced fat	Soup, tomato, condensed
Salami, dry, pork and beef	Soup, vegetable beef w/water
Salami, dry, pork, beef	Soup, vegetarian vegetable
Salmon, pink, raw	Sour cream, cultured
Salsa, bottled	Sour dressing, non-butterfat
Salt, table	Soymilk, original and vanilla, unfortified
Sandwich spread, pork, beef	Spaghetti sauce, meat-based
Sardine, raw	Spaghetti, canned, no meat, cooked

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

Spaghetti, canned, no meat, uncooked	Tofu, regular, raw
Spaghetti, canned, with meat, uncooked	Tomatillos, raw
Spaghetti, dry	Tomato juice, canned
Spaghetti, whole-wheat, cooked	Tomato puree
Spaghetti, with meat sauce frozen entrée	Tomato sauce, canned
Spices, black pepper	Tomato, cherry
Spices, celery seed	Tomato, red, ripe
Spices, chili powder	Tomato, whole, canned
Spices, cinnamon, ground	Tomatoes ripe, raw
Spices, curry powder	Tomatoes, sun-dried
Spices, garlic powder	Top shell, raw
Spices, onion powder	Tortilla chips
Spices, oregano, dried	Tortilla, ready-to-bake or fry, corn
Spices, paprika	Tortilla, ready-to-bake or fry, flour
Spinach stalk, raw	Total cereal
Squash, summer, all varieties, raw	Tuna, blue-fin, raw
Squash, summer, boiled	Tuna, chunk light, water
Squash, winter, all varieties, baked	Tuna, yellow-fin, mixed species, raw
Squid, mixed, raw	Turkey meat, raw
Strawberries, frozen, sweetened	Turkey pot pie, cooked
Strawberries, raw	Turkey, giblets
Suckers, any flavor	Turkey, neck, meat only, simmered
Sugars, brown	Turkey, roasted, light and dark meat
Sugars, granulated	Turnips, raw V8 juice®
Sugars, powdered	Vanilla extract
Sweet potatoes, baked in skin	Veal, leg, braised
Sweet potatoes, canned	Vinegar, cider
Sweet potatoes, raw	Waffles, plain, frozen
Sweet rolls, cinnamon w/raisins, commercial	Waffles, regular
Syrups, chocolate, fudge-type	Water chestnuts, Chinese, canned
Syrups, corn, light	Water, tap, municipal
Syrups, maple	Watermelon
Syrups, table blend, pancake	Wheat flour, all -purpose
Taco shells, baked	Wheat flour, all purpose, self rising
Taco with chicken	Wheat flour, white, bread, enriched
Tangerine juice, canned	Wheat flour, whole-grain
Tangerine, mandarin oranges	Whisky
Tapioca	Wine, table
Tea, brewed	Yeast, active, dry
Tea, chamomile	Yogurt, fruit, low fat, 10 grams protein
Tea, decaffeinated, brewed	Yogurt, low fat plain, 12 grams protein
Tea, instant	Yogurt, plain, skim milk, 13 grams protein
Toaster pastries, fruit: apple, blueberry, cherry	Yogurt, plain, whole milk, 8 grams protein
Toaster pastries, strawberry, frosted and plain	