

Top 12 Sources of Vitamin K

90mcg/day for women age 19+
120mcg/day for men age 19+



3oz =
850mcg

Natto



1c =
610mcg
fresh, boiled

Collard Greens



1c =
531mcg
fresh, boiled

Turnip Greens



1c =
145mcg
raw

Spinach



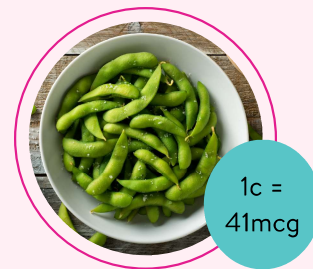
1c =
82mcg
raw

Kale



1c =
82mcg
raw

Broccoli



1c =
41mcg

Edamame



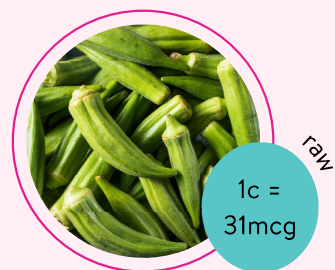
1c =
39mcg

Canned Pumpkin



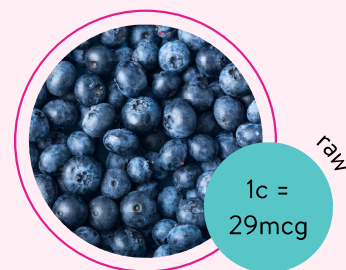
1c =
37mcg

Carrot Juice



1c =
31mcg
raw

Okra



1c =
29mcg
raw

Blueberries



1c =
26mcg

**Pomegranate
Juice**