

Serving Size Guide for Foods Highest in Vitamin K

If you plan on eating a serving of vitamin K containing foods daily, use this list to adjust serving size for particular foods in order to ensure that you are eating about the same amount of vitamin K with each serving.

Collard Greens (cooked)	¼ cup
Spinach (cooked)	¼ cup
Kale (cooked)	½ cup
Broccoli (cooked)	1 cup
Brussel Sprouts (cooked)	1 cup
Swiss Chard (raw)	1 cup
Mustard Greens (cooked)	½ cup
Turnip Greens (cooked)	½ cup
Mustard Greens (raw)	1 cup
Spinach (raw)	1 ½ cups
Cabbage (cooked)	1 ½ cups
Romaine Lettuce	4 cups
Asparagus	20 spears