

VITAMIN K LEVELS IN VEGETABLES

Vegetables

Item	Amount	Vitamin K
Artichoke	1/3	Low
Asparagus	7 spears	Medium
Green beans	3/4 cup	Low
Lima beans	1/2 cup	Low
Beets	1/2 cup	Low
Broccoli	1/2 cup	High
Brussels sprouts	5	High
White cabbage	2/3 cup	High
Carrot	1/2 cup	Low
Cauliflower	1/2 cup	High
Celery	2 1/2 ribs	Medium
Swiss chard	1/2 cup cooked	High
Chives	2 cups chopped	High
Collard greens	1/2 cup	High
Cilantro	6 cups	High
Corn	2/3 cup kernels	Low
Cucumber (remove peel)	1 cup slices	Low
Eggplant	1 cup diced	Low
Endive	2 cups	High
Kale	1/2 cup	High
Leek	1 cup chopped	High
Bibb lettuce	1 cup chopped	High
Red leaf lettuce	1 cup chopped	High
Iceberg lettuce	1/2 cup	Medium
Mustard greens	1 1/2 cups	High
Shiitake mushrooms	5 mushrooms	Low
Button mushrooms	1 cup	Low
Okra	1/2 cup	Medium
Green onion	2/3 cup	High
White or yellow onion	2/3 cup	Low
Parsley	1 1/2 cup	High
Parsnip	2 parsnips	Low
Green pepper	1/2 pepper	Low
Potato	1 medium	Low
Radish	1 cup sliced	Low
Spinach	1/2 cup cooked	High
Yellow squash	1/2 cup slices	Low
Acorn squash	1/2 cup	Low
Sweet potato	1 cup	Low
Tomato sauce (bottled)	1/2 cup	Low
Tomato	1	Low
Turnip	4 ounces	Low
Turnip greens	1 1/2 cups	High
Watercress	3 cups	High