



# WellLife Vitamin K Finder

A comprehensive list of vitamin K amounts in common foods and beverages





# WellLife Vitamin K Finder

High Vitamin K Content Foods (25 micrograms or higher)

Description	Serving Size	Vitamin K Content (mcg)	Source
Vitamin K2, Menatetrenone (not recommended to be taken with warfarin/ Coumadin® medication)	1 tablet	5,000	Carlson Labs
Kale, frozen, cooked, boiled, drained, without salt	1 cup	1146.6	USDA
Kale, frozen, cooked, boiled, drained, with salt	1 cup, chopped	1146.6	USDA
Kale, cooked, boiled, drained, without salt	1 cup	1062.1	USDA
Collards, frozen, chopped, cooked, boiled, drained, without salt	1 cup	1059.4	USDA
Collards, frozen, chopped, cooked, boiled, drained, with salt	1 cup, chopped	1059.4	USDA
Collards, frozen, chopped, cooked, boiled, drained, without salt	1 cup, chopped	1059.4	USDA
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1 cup	1027.3	USDA
Spinach, canned, regular pack, drained solids	1 cup	987.8	USDA
Lambs quarters (vegetable), cooked, boiled, drained, with salt	1 cup, chopped	889.6	USDA
Lambs quarters (vegetable), cooked, boiled, drained, without salt	1 cup, chopped	889.6	USDA
Spinach, cooked, boiled, drained, without salt	1 cup	888.5	USDA
Turnip greens, frozen, cooked, boiled, drained, without salt	1 cup	851	USDA
Collards, cooked, boiled, drained, without salt	1 cup	836	USDA
Mustard Greens, cooked, boiled, drained, with salt	1 cup, chopped	829.8	USDA
Mustard Greens, cooked, boiled, drained, without salt	1 cup, chopped	829.8	USDA
Collards, cooked, boiled, drained, with salt	1 cup, chopped	772.5	USDA
Beet greens, cooked, boiled, drained, without salt	1 cup	697	USDA
Beet Greens, cooked, boiled, drained, with salt	1 cup, 1" pieces	697	USDA
Beet Greens, cooked, boiled, drained, without salt	1 cup, 1" pieces	697	USDA



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Description	Serving Size	Vitamin K Content (mcg)	Source
Turnip Greens and Turnips, frozen, cooked, boiled, drained, with salt	1 cup	676.6	USDA
Turnip Greens and Turnips, frozen, cooked, boiled, drained, without salt	1 cup	676.6	USDA
Dandelion Greens, cooked, boiled, drained, without salt	1 cup	579	USDA
Dandelion Greens, cooked, boiled, drained, without salt	1 cup, chopped	579	USDA
Chard, Swiss, cooked, boiled, drained, with salt	1 cup, chopped	572.8	USDA
Chard, Swiss, cooked, boiled, drained, without salt	1 cup, chopped	572.8	USDA
Turnip greens, cooked, boiled, drained, without salt	1 cup	529.3	USDA
New Zealand Spinach, cooked, boiled, drained, with salt	1 cup, chopped	525.6	USDA
New Zealand Spinach, cooked, boiled, drained, without salt	1 cup, chopped	525.6	USDA
Cress, Garden, cooked, boiled, drained, with salt	1 cup	517.6	USDA
Cress, Garden, cooked, boiled, drained, without salt	1 cup	517.6	USDA
Mustard Greens, frozen, cooked, boiled, drained, with salt	1 cup, chopped or diced	502.6	USDA
Mustard Greens, frozen, cooked, boiled, drained, without salt	1 cup, chopped	502.6	USDA
Kale, raw	1 cup, chopped	472.2	USDA
Stinging Nettles, blanched (Northern Plains Indians)	1 cup	443.8	USDA
Dandelion Greens, raw	1 cup, chopped	428.1	USDA
Turnip Greens, frozen, cooked, boiled, drained, with salt	0.5 cup	425.5	USDA
Turnip Greens, frozen, cooked, boiled, drained, without salt	0.5 cup	425.5	USDA
Mustard greens, cooked, boiled, drained, without salt	1 cup	419.3	USDA
Basil, fresh	3.5 ounces	414	
Dandelion Greens, cooked, boiled, drained, with salt	1 cup, chopped	376.8	USDA



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Description	Serving Size	Vitamin K Content (mcg)	Source
Amaranth Leaves, raw	1 cup	319.2	USDA
Restaurant, Chinese, Shrimp and Vegetable	1 order	312.5	USDA
Brussels sprouts, frozen, cooked, boiled, drained, without salt	1 cup	299.9	USDA
Brussels Sprouts, Frozen, cooked, boiled, drained, with salt	1 cup	299.9	USDA
Brussels Sprouts, Frozen, cooked, boiled, drained, without salt	1 cup	299.9	USDA
Chard, Swiss, raw	1 cup	298.8	USDA
Restaurant, Chinese, Beef and Vegetable	1 order	294.5	USDA
Cress, Garden, raw	1 cup	271	USDA
Soup, Beef Stroganoff, Canned, Chunky Style, Ready-To-Serve	1 cup	246.7	USDA
Babyfood, Vegetable, spinach, creamed, strained	1 jar	222.3	USDA
Broccoli, cooked, boiled, drained, without salt	1 cup	220.1	USDA
Brussels sprouts, cooked, boiled, drained, without salt	1 cup	218.9	USDA
Broccoli Raab, cooked	1 serving	217.6	USDA
Onions, spring or scallions (includes tops and bulb), raw	1 cup	207	USDA
Cabbage, Japanese Style, fresh, pickled	1 cup	188.8	USDA
New Zealand Spinach, raw	1 cup, chopped	188.7	USDA
Pokeberry Shoots, (Poke), cooked, boiled, drained, with salt	1 cup	178.2	USDA
Pokeberry Shoots, (Poke), cooked, boiled, drained, without salt	1 cup	178.2	USDA
Spinach Soufflé	1 cup	172	USDA
Spinach Soufflé	1 cup	172	USDA
Lettuce, Butterhead (includes Boston and Bibb types), raw	1 head	166.7	USDA



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Description	Serving Size	Vitamin K Content (mcg)	Source
Parsley, raw	10 sprigs	164	USDA
Cabbage, cooked, boiled, drained, without salt	1 cup	163.1	USDA
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1 cup	162.1	USDA
Noodles, egg, spinach, cooked, enriched	1 cup	161.8	USDA
Collards, Raw	1 cup, chopped	157.4	USDA
Soup, Broccoli Cheese, canned, condensed, common	1 can, 10.7 oz	157	USDA
Beet Greens, Raw	1 cup	152	USDA
Pickles, Chowchow, with Cauliflower Onion Mustard, sweet	1 cup	150.9	USDA
Cabbage, Mustard, salted	1 cup	148	USDA
Spinach, raw	1 cup	144.9	USDA
Mustard Greens, raw	1 cup, chopped	144.2	USDA
Asparagus, frozen, cooked, boiled, drained, without salt	1 cup	144	USDA
Chrysanthemum, Garland, cooked, boiled, drained, with salt	1 cup, 1" pieces	142.7	USDA
Chrysanthemum, Garland, cooked, boiled, drained, without salt	1 cup, 1" pieces	142.7	USDA
Turnip Greens, raw	1 cup, chopped	138	USDA
Fast Foods, Coleslaw	1 cup	135.4	USDA
Kentucky Fried Chicken, Coleslaw	1 cup	135.4	USDA
Lettuce, Iceberg (includes Crisphead types), raw	1 head	129.9	USDA
Endive, raw	1 cup	115.5	USDA
Radicchio, raw	1 cup, shredded	102.1	USDA
Lettuce, green leaf, raw	1 cup	97.2	USDA





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High Vitamin K Content Foods (25 micrograms or higher)

Description	Serving Size	Vitamin K Content (mcg)	Source
Balsam-Pear (Bitter Gourd), leafy tips, cooked, boiled, drained, with salt	1 cup	94.6	USDA
Balsam-Pear (Bitter Gourd), leafy tips, cooked, boiled, drained, without salt	1 cup	94.6	USDA
Jute, Potherb, cooked, boiled, drained, with salt	1 cup	94	USDA
Jute, Potherb, cooked, boiled, drained, without salt	1 cup	94	USDA
Snacks, Potato Chips, From Dried Potatoes, Fat-Free, with Olestra	1 oz	93.2	USDA
Split Pea Soup, Canned, Reduced Sodium, Prepared with Water or Ready-To Serve	1 cup	91.3	USDA
Broccoli Raab, raw	1 cup, chopped	89.6	USDA
Broccoli, raw	1 cup	89.4	USDA
Okra, frozen, cooked, boiled, drained, without salt	1 cup	88	USDA
Chrysanthemum, Garland, Raw	1 cup, 1" pieces	87.5	USDA
Spaghetti, Spinach, Dry	2 oz	86.4	USDA
Chicory Greens, Raw	1 cup, chopped	86.3	USDA
Watercress, Raw	1 cup, chopped	85	USDA
Celery Flakes, Dried	1 tbsp	82.5	USDA
Restaurant, Chinese, Kung Pao Chicken	1 order	82.1	USDA
Snacks, Corn-Based, Extruded, Puffs or Twists, Cheese-Flavor, unenriched	1 bag, 8 oz	81.9	USDA
Alive®, Liquid Whole Food Energizer™	1 Fluid Ounce	80	Nature's Way Labs
Alive®, no iron added, Vcaps® Whole Food Energizer	6 Capsules	80	Nature's Way Labs
Alive®, Tablets Whole Food Energizer	3 Tablets	80	Nature's Way Labs
Alive®, Ultra Shake™	1 Scoop	80	Nature's Way Labs



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Description	Serving Size	Vitamin K Content (mcg)	Source
Alive®, Ultra Shake™, Rice/Pea Ultra-Shake Apple & Cinnamon	1 Scoop	80	Nature's Way Labs
Alive®, Ultra Shake™, Rice/Pea Ultra-Shake Vanilla	1 Scoop	80	Nature's Way Labs
Carrot, Dehydrated	1 cup	79.9	USDA
Pumpkin Leaves, Cooked, Boiled, Drained, with Salt	1 cup	76.7	USDA
Pumpkin Leaves, Cooked, Boiled, Drained, without Salt	1 cup	76.7	USDA
T.G.I. Friday's®, French Fries	1 serving	74.7	USDA
Broccoli, Chinese, Cooked	1 cup	74.6	USDA
Formulated Bar, Slim-Fast® Optima Meal Bar, Milk Chocolate Peanut	1 bar	71.1	USDA
Fast foods, Coleslaw	3/4 cup	70.2	USDA
Sweet Potato Leaves, cooked, steamed, with salt	1 cup	69.5	USDA
Sweet Potato Leaves, cooked, steamed, without salt	1 cup	69.5	USDA
Soybeans, Mature Seeds, sprouted, cooked, steamed	1 cup	66.4	USDA
Restaurant, Family Style, French Fries	1 serving	64.9	USDA
Plums, dried (prunes), stewed, without added sugar	1 cup	64.7	USDA
Okra, cooked, boiled, drained, without salt	1 cup	64	USDA
Celeriac, raw	1 cup	64	USDA
Bockwurst Pork Veal, raw	1 sausage	63.9	USDA
Peas, green (includes Baby and Lesuer types), canned, drained solids, unprepared	1 cup	62.6	USDA
Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1 cup	62.6	USDA



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Description	Serving Size	Vitamin K Content (mcg)	Source
Vitamins, Centrum® Men's	1 tablet	60	Wyeth Healthcare
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	1 pie shell	59	USDA
Soy Flour, Full-Fat, raw	1 cup, Strained	58.8	USDA
Cabbage, Chinese (Pak-Choi), cooked, boiled, drained, without salt	1 cup	57.8	USDA
Cabbage, Chinese (Pak-Choi), Cooked, Boiled, Drained, with salt	1 cup, shredded	57.8	USDA
Lettuce, Cos or Romaine, raw	1 cup	57.4	USDA
Denny's, French Fries	1 serving	57.4	USDA
Taco Bell®, Taco Salad	1 item	57	USDA
Celery, cooked, boiled, drained, without salt	1 cup	56.7	USDA
Burger King®, Whopper, no Cheese	1 item	56.7	USDA
Asparagus, raw	1 cup	55.7	USDA
Bread crumbs, dry, grated, seasoned	1 cup	55.2	USDA
Snacks, Tortilla Chips, Lowfat, Made with Olestra, Nacho Cheese	1 oz	54.4	USDA
Plantains, Yellow, Fried, Latino Restaurant	1 cup	53.7	USDA
Cabbage, raw	1 cup	53.2	USDA
Burger King®, Double Whopper, no Cheese	1 item	52.7	USDA
Fast Foods, Hamburger; Double, Large Patty, with Condiment, Vegetable and Mayonnaise	1 item	52.7	USDA
Beans, snap, green, canned, regular pack, drained solids	1 cup	52.5	USDA
Restaurant, Chinese, Egg Rolls, assorted	1 piece	52.4	USDA





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High Vitamin K Content Foods (25 micrograms or higher)

Description	Serving Size	Vitamin K Content (mcg)	Source
Broccoli, cooked, boiled, drained, without salt	1 spear	52.2	USDA
Rhubarb, frozen, cooked, with sugar	1 cup	50.6	USDA
Rhubarb, Frozen, cooked, with sugar	1 cup	50.6	USDA
Tomato Powder	3.5 oz	48.8	USDA
Blueberries, canned, light syrup, drained	1 cup	48.6	USDA
Applebee's®, French Fries	1 serving	48.4	USDA
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	1 cup	48.3	USDA
Spinach, raw	1 leaf	48.3	USDA
Cabbage, savoy, raw	1 cup	48.2	USDA
Asparagus, frozen, cooked, boiled, drained, without salt	4 spears	48	USDA
Fast Foods, Hamburger; Single, Regular Patty, Double Bun with Condiments and Special Sauce	1 item	48	USDA
Babyfood, Vegetable, Green Beans, Strained	1 jar	47.9	USDA
Restaurant, Latino, Arroz Con Frijoles Negros (Rice and Black Beans)	1 serving	47.5	USDA
Burger King®, Original Chicken Sandwich	1 item	47.2	USDA
Burger King®, Double Whopper, with Cheese	1 item	45.9	USDA
Drumstick Leaves, cooked, boiled, drained, with salt	1 cup, chopped	45.4	USDA
Drumstick Leaves, cooked, boiled, drained, without salt	1 cup, chopped	45.4	USDA
Snacks, Vegetable Chips, Hain Celestial Group, Terra® Chips	4 oz	44.5	USDA
Turkey, Stuffing, Mashed Potato with Gravy, assorted Vegetable, frozen, microwave	1 serving	44.3	USDA



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## High Vitamin K Content Foods (25 micrograms or higher)

Description	Serving Size	Vitamin K Content (mcg)	Source
Okra, frozen, cooked, boiled, drained, with salt	0.5 cup, slices	44	USDA
Okra, frozen, cooked, boiled, drained, without salt	0.5 cup, slices	44	USDA
Cracker Barrel®, Farm Raised Catfish Platter	1 serving	44	USDA
Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	1 cup	43.9	USDA
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	1 cup	42.8	USDA
Avocados, Raw, All Commercial Varieties	1 avocado	42.2	USDA
Edamame, frozen, prepared	1 cup	41.4	USDA
Blueberries, frozen, sweetened	1 cup	40.7	USDA
Lasagna, Vegetable, frozen, baked	1 serving	40.4	USDA
Natto	1 cup	40.4	USDA
Rhubarb, Frozen, Uncooked	1 cup, diced	40.1	USDA
Peas, edible-podded, boiled, drained, without salt	1 cup	40	USDA
Viactiv® Calcium Soft Chews	1 square	40	McNeil Nutritionals
Ensure High Calcium®	8 ounces	40	Abbott Laboratories
Lettuce, Red Leaf, raw	1 cup, shredded	39.3	USDA
Pumpkin, canned, without salt	1 cup	39.2	USDA
Denny's, Golden Fried Shrimp	1 serving	38.6	USDA
Peas, green, frozen, cooked, boiled, drained, without salt	1 cup	38.4	USDA
Seafood, tuna, light, canned in oil, drained solids	3 oz	37.4	USDA
Edamame, frozen, unprepared	1 cup	37.1	USDA
Cracker Barrel®, Steak Fries	1 serving	36.7	USDA



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Description	Serving Size	Vitamin K Content (mcg)	Source
Pears, Dried, Sulfured, Uncooked	1 cup, halves	36.7	USDA
Cheese Food, Past Process, American, Imitation, without Added Vitamin D	4 oz	36.7	USDA
Carrot juice, canned	1 cup	36.6	USDA
EAS® Myoplex Original™, Ready to Drink	1 bottle	36	Abbott Nutrition
Cabbage, Red, cooked, boiled, drained, with salt	0.5 cup, shredded	35.7	USDA
Cabbage, Red, cooked, boiled, drained, without salt	0.5 cup, shredded	35.7	USDA
Rhubarb, raw	1 cup, diced	35.7	USDA
Poultry Seasoning	1 tbsp	35.4	USDA
Fast Foods, Hamburger; Single, Large Patty, with Condiments, Vegetable, and Mayonnaise	1 item	35.3	USDA
Celery, raw	1 cup	35.2	USDA
Sauce, pasta, spaghetti/marinara, ready-to-serve	1 cup	34.8	USDA
Mung beans, mature seeds, sprouted, raw	1 cup	34.3	USDA
Babyfood, Dinner, Macaroni and Tomato and Beef, Strained	1 jar	33.1	USDA
Soybeans, Mature, cooked, boiled, without salt	1 cup	33	USDA
Soybeans, Mature Seeds, cooked, boiled, with salt	1 cup	33	USDA
Rose Hips, Wild (Northern Plains Indians)	1 cup	32.9	USDA
Egg Rolls, Vegetable, refrigerated, heated	1 roll	32.7	USDA
Chokecherries, Raw, Pitted (Northern Plains Indians)	1 cup	32.5	USDA
Broccoli, raw	1 spear	31.5	USDA



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## High Vitamin K Content Foods (25 micrograms or higher)

Description	Serving Size	Vitamin K Content (mcg)	Source
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	1 leek	31.5	USDA
Onions, spring or scallions (includes tops and bulb), raw	1 whole	31.1	USDA
Sauerkraut, canned, solids and liquids	1 cup	30.7	USDA
Kiwifruit, green, raw	1 medium	30.6	USDA
Fast Foods, Cheeseburger; Single, Large Patty; with Condiment, Vegetable and Mayonnaise	1 item	30.5	USDA
Asparagus, cooked, boiled, drained	4 spears	30.4	USDA
Taro Leaves, raw	1 cup	30.4	USDA
Pigeonpeas, Immature Seeds, cooked, boiled, drained, with salt	1 cup	30.3	USDA
Pigeonpeas, Immature Seeds, cooked, boiled, drained, without salt	1 cup	30.3	USDA
Vitamins, Centrum® Silver	1 tablet	30	Wyeth Healthcare
Vitamins, One-a-Day® Energy Advantage O2	1 tablet	30	Bayer Healthcare
Tomato products, canned, paste, without salt added	1 cup	29.9	USDA
Asparagus, canned, drained solids	4 spears	29.7	USDA
Vegetables, mixed, canned, drained solids	1 cup	29.7	USDA
Parsnips, raw	1 cup, slices	29.5	USDA
Peas, Split, Mature Seeds, raw	1 cup	28.6	USDA
Seaweed, Spirulina, dried	1 cup	28.6	USDA
Snacks, Plantain Chips, salted	4 oz	28.6	USDA
Blackberries, raw	1 cup	28.5	USDA



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Description	Serving Size	Vitamin K Content (mcg)	Source
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1 cup	28.1	USDA
Blueberries, raw	1 cup	28	USDA
Babyfood, Vegetable, Garden Vegetable, Strained	1 jar	27.7	USDA
Babyfood, Fruit, Prunes with Tapioca, without ascorbic Acid, junior	1 jar	26.9	USDA
Cabbage, red, raw	1 cup	26.7	USDA
Pie crust, standard-type, prepared from recipe, baked	1 pie shell	26.6	USDA
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1 cup	26.4	USDA
Taco Bell®, Soft Taco with Steak	1 item	26.4	USDA
Plums, Dried (Prunes), Stewed, without Added Sugar	4 oz	26.1	USDA
Pomegranate Juice, bottled	1 cup	25.9	USDA
Ravioli, Cheese with Tomato Sauce, frozen, not prepared, including Regular and Light Entrees	1 cup	25.6	USDA
Pickles, Cucumber, Dill or Kosher Dill	1 pickle	25.4	USDA
Vitamin, Sentivites Multi-Vitamin & Mineral Formula	1 tablet	25	Action Labs, Inc.
Vitamins, Centrum®	1 tablet	25	Wyeth Healthcare
Vitamins, One-a-Day® Cholesterol Plus	1 tablet	25	Bayer Healthcare
Vitamins, One-a-Day® Energy	1 tablet	25	Bayer Healthcare
Vitamins, One-a-Day® Maximum	1 tablet	25	Bayer Healthcare
Vitamins, One-a-Day® Teen Advantage	1 tablet	25	Bayer Healthcare
Vitamins, One-a-Day® Women's	1 tablet	25	Bayer Healthcare



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Description	Serving Size	Vitamin K Content (mcg)	Source
Vitamins, One-a-Day® Women's Active Metabolism	1 tablet	25	Bayer Healthcare
Vitamins, One-a-Day® Women's Active Mind & Body	1 tablet	25	Bayer Healthcare
Vitamins, One-a-Day® Women's O2	1 tablet	25	Bayer Healthcare
Plums, dried (prunes), uncooked	5 prunes	25	USDA
Boost® Glucose Control	8 ounces	25	Nestle Nutrition
Boost® High Protein	8 ounces	25	Nestle Nutrition
Boost® Plus	8 ounces	25	Nestle Nutrition
Boost® Regular	8 ounces	25	Nestle Nutrition
Ensure Clear™ Nutritional Drink	10 ounce	25	Abbott Nutrition
Ensure Clear™ Nutritional Drink, Blueberry Pomegranate	10 ounce	25	Abbott Nutrition
Ensure Clear™ Nutritional Drink, Peach	10 ounce	25	Abbott Nutrition





# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Artichokes, (Globe or French), cooked, boiled, drained, without salt	1 cup	24.9	USDA
Salad Dressing, Kraft Mayo Fat Free Mayonnaise Dressing	1 tbsp	24.8	USDA
Wendy's®, Homestyle Chicken Fillet Sandwich	1 item	24.6	USDA
Snacks, Sweet Potato Chips, unsalted	4 oz	24.5	USDA
Seaweed, Agar, dried	4 oz	24.4	USDA
Pizza Hut®, 14" Pepperoni Pizza, Pan Crust	1 slice	24.3	USDA
Kentucky Fried Chicken, Biscuit, Analyzed Prior To January 2007	1 biscuit	23.4	USDA
Grapes, red or green (European type, such as Thompson seedless), raw	1 cup	23.4	USDA
Salad Dressing, Kraft Mayo Light Mayonnaise	1 tbsp	23.3	USDA
Tomatoes, Sun-Dried	1 cup	23.2	USDA
Babyfood, Stage 2® Peas, Beech-Nut Jarred Baby Foods	1 jar	23	Beech-Nut
Babyfood, Stage 2® Prunes, Beech-Nut Jarred Baby Foods	1 jar	23	Beech-Nut
Muffins, blueberry, commercially prepared (includes mini-muffins)	1 muffin	22.3	USDA
Restaurant, Chinese, Chicken Chow Mein	4 oz	22	USDA
Soup, Cream of Asparagus, canned, condensed	4 fl oz	22	USDA
Avocados, raw, California	1 cup	22	USDA
EAS® Advantage® Carb Control Nutrition Bars	1 bar	22	Abbott Nutrition
Peas and Onions, frozen, cooked, boiled, drained, with salt	1 cup	21.8	USDA
Peas and Onions, frozen, cooked, boiled, drained, without salt	1 cup	21.8	USDA
Soup, Cream of Celery, canned, condensed	0.5 cup	21.7	USDA
Carrots, cooked, boiled, drained, without salt	1 cup	21.4	USDA



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## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Cauliflower, frozen, cooked, boiled, drained, without salt	1 cup	21.4	USDA
Babyfood, Dinner, Broccoli and Chicken, Junior	1 tbsp	21.3	USDA
Babyfood, Vegetable, Carrots, junior	1 jar	21.2	USDA
Tortilla Chips, lowfat, unsalted	4 oz	20.9	USDA
Fast foods, French Toast sticks	5 sticks	20.4	USDA
Cucumber, peeled, raw	1 large	20.2	USDA
Potato Chips, Barbecue-Flavor	4 oz	20.1	USDA
Miso	1 cup	20.1	USDA
Vitamins, One-a-Day® Men's Formula	1 tablet	20	Bayer Healthcare
BALANCE Bar®, Nutritional Bar, Chocolate Raspberry Fudge	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, Cookie Dough	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, Almond Brownie	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, CarbWell, Caramel and Chocolate	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, CarbWell, Chocolate Peanut Butter	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, Chocolate	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, GOLD, Caramel Nut Blast	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, GOLD, Chocolate Mint Cookie Crunch	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, GOLD, Chocolate Peanut Butter	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, GOLD, Triple Chocolate Chaos	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, Honey Bar	1 bar	20	Balance Bar Food Company



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## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
BALANCE Bar®, Nutritional Bar, Mocha Chip	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, Peanut Butter	1 bar	20	Balance Bar Food Company
BALANCE Bar®, Nutritional Bar, Yogurt Honey Peanut	1 bar	20	Balance Bar Food Company
Boost® Powder Mix	1 packet	20	Nestle Nutrition
Clif® Energy Bar, apricot	1 bar	20	Clif Bar Co.
Clif® Energy Bar, banana nut bread	1 bar	20	Clif Bar Co.
Clif® Energy Bar, black cherry, almond	1 bar	20	Clif Bar Co.
Clif® Energy Bar, blueberry crisp	1 bar	20	Clif Bar Co.
Clif® Energy Bar, carrot cake	1 bar	20	Clif Bar Co.
Clif® Energy Bar, chocolate almond fudge	1 bar	20	Clif Bar Co.
Clif® Energy Bar, chocolate brownie	1 bar	20	Clif Bar Co.
Clif® Energy Bar, chocolate chip	1 bar	20	Clif Bar Co.
Clif® Energy Bar, chocolate chip peanut butter crunch	1 bar	20	Clif Bar Co.
Clif® Energy Bar, cool mint chocolate	1 bar	20	Clif Bar Co.
Clif® Energy Bar, cranberry apple cherry	1 bar	20	Clif Bar Co.
Clif® Energy Bar, cranberry orange nut bread	1 bar	20	Clif Bar Co.
Clif® Energy Bar, crunchy peanut butter	1 bar	20	Clif Bar Co.
Clif® Energy Bar, iced gingerbread	1 bar	20	Clif Bar Co.
Clif® Energy Bar, maple nut	1 bar	20	Clif Bar Co.
Clif® Energy Bar, oatmeal raisin walnut	1 bar	20	Clif Bar Co.
Clif® Energy Bar, peanut toffee buzz	1 bar	20	Clif Bar Co.



# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Clif® Energy Bar, pumpkin pie	1 bar	20	Clif Bar Co.
Clif® Energy Bar, white chocolate macadamia nit	1 bar	20	Clif Bar Co.
Clif® Protein Bar, chocolate	1 bar	20	Clif Bar Co.
Clif® Protein Bar, chocolate mint	1 bar	20	Clif Bar Co.
Clif® Protein Bar, cookies'n cream	1 bar	20	Clif Bar Co.
Clif® Protein Bar, lemon	1 bar	20	Clif Bar Co.
Clif® Protein Bar, peanut butter	1 bar	20	Clif Bar Co.
Clif® Protein Bar, vanilla almond	1 bar	20	Clif Bar Co.
Vitamins, One-a-Day® Men's 50+ Advantage	1 tablet	20	Bayer Healthcare
Vitamins, One-a-Day® Men's Health Formula	1 tablet	20	Bayer Healthcare
Vitamins, One-a-Day® Women's 50+ Advantage	1 tablet	20	Bayer Healthcare
Ensure High Protein®	8 ounces	20	Abbott Laboratories
Ensure Immune Balance®	8 ounces	20	Abbott Laboratories
Ensure Plus®	8 ounces	20	Abbott Laboratories
Beans, snap, green, cooked, boiled, drained, without salt	1 cup	20	USDA
Beans, snap, yellow, cooked, boiled, drained, without salt	1 cup	20	USDA
Carrots, frozen, cooked, boiled, drained, without salt	1 cup	19.9	USDA
Abalone, Mixed Species, raw	3 oz	19.6	USDA
Formulated Bar, Luna® Bar, Nutz Over Chocolate	1 bar	19.6	USDA
Soup, chunky vegetable, canned, ready-to-serve	1 cup	19.4	USDA
Egg Rolls, Pork, refrigerated, heated	1 roll	19.2	USDA



# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Pizza Hut® 14" Cheese Pizza, Pan Crust	1 slice	19	USDA
Salad dressing, French dressing, commercial, regular	1 tbsp	18.9	USDA
Fast foods, potato, French fried in vegetable oil	1 large	18.9	USDA
Onions, Yellow, Sautéed	1 cup, chopped	18.8	USDA
Pizza Hut®, 12" Pepperoni Pizza, Pan Crust	1 slice	18.5	USDA
Sauerkraut, Canned, Low Sodium	1 cup	18.5	USDA
Cake, Chocolate, Commercially Prepared with Chocolate Frosting, in-Store Bakery	1 piece, 1/8 of 18 oz cake	18.5	USDA
Snacks, fruit leather, pieces	1 oz	18.2	USDA
Snacks, fruit leather, rolls	1 large	18.2	USDA
Restaurant, Latino, Bunuelos (Fried Yeast Bread)	1 piece	18.1	USDA
Babyfood, Peas, Dices, Toddler	4 oz	18	USDA
Plums, Wild (Northern Plains Indians)	1 cup	18	USDA
Special K® Meal Protein Shake, Strawberry Banana	1 bottle	18	Kellogg
Special K® Meal Protein Shake, Dark Chocolate	1 bottle	18	Kellogg
Special K® Meal Protein Shake, Milk Chocolate	1 bottle	18	Kellogg
Special K® Meal Protein Shake, Strawberry	1 bottle	18	Kellogg
Special K® Meal Protein Shake, Dutch Vanilla	1 bottle	18	Kellogg
Special K® Breakfast Shake, Double Chocolate	1 bottle	18	Kellogg
Special K® Breakfast Shake, Red Berries	1 bottle	18	Kellogg
Slim Fast® Shake, Milk Chocolate	1 bottle	18	Unilever



# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Slim Fast® Shake, Strawberry & Cream	1 bottle	18	Unilever
Slim Fast® Shake, French Vanilla	1 bottle	18	Unilever
Slim Fast® Shake, Creamy Chocolate, High Protein	1 bottle	18	Unilever
Ensure® Muscle Health Shake, Vanilla	1 bottle	18	Abbott Nutrition
Ensure® Muscle Health Shake, Strawberry	1 bottle	18	Abbott Nutrition
Ensure® Muscle Health Shake, Milk Chocolate	1 bottle	18	Abbott Nutrition
Ensure® Nutrition Shake, Vanilla	1 bottle	18	Abbott Nutrition
Ensure® Nutrition Shake, Dark Chocolate	1 bottle	18	Abbott Nutrition
Ensure® Nutrition Shake, Milk Chocolate	1 bottle	18	Abbott Nutrition
Ensure® Nutrition Shake, Strawberry	1 bottle	18	Abbott Nutrition
Ensure® Complete™ Shake, Milk Chocolate	1 bottle	18	Abbott Nutrition
Ensure Plus® Shake, Butter Pecan	1 bottle	18	Abbott Nutrition
Ensure Plus® Shake, Strawberry	1 bottle	18	Abbott Nutrition
Potato Salad with Egg	0.5 cup	17.9	USDA
Artichokes, (Globe or French), cooked, boiled, drained, without salt	1 medium	17.8	USDA
Restaurant, Chinese, Lemon Chicken	3 pieces	17.8	USDA
Sauce, Pasta, Spaghetti/Marinara, Ready-To-Serve, low sodium	0.5 cup, 1 serving	17.8	USDA
Spices, parsley, dried	1 tbsp	17.7	USDA
Babyfood, Fruit, Prunes with Tapioca, without ascorbic acid, strained	1 jar	17.6	USDA
Naranjilla (Lulo) Pulp, frozen, unsweetened	1 cup, thawed	17.5	USDA
Éclairs, custard-filled with chocolate glaze, prepared from recipe	1 éclair	17.5	USDA





# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Pie, pecan, commercially prepared	1 piece	17.5	USDA
Lettuce, green leaf, raw	1 leaf	17.4	USDA
Infant Formula, Abbott, Similac®, NeoSure®, Powder, with ARA and DHA	1 fl oz	17.3	USDA
Babyfood, Vegetable and Brown Rice, strained	1 jar	17.2	USDA
Blueberries, Wild, raw (Alaska Native)	4 oz	17.2	USDA
Cauliflower, cooked, boiled, drained, without salt	1 cup	17.1	USDA
Cucumber, with peel, raw (slices)	1 cup	17.1	USDA
Beans, snap, green, frozen, cooked, boiled, drained without salt	1 cup	17.1	USDA
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	1 cup	17.1	USDA
Beans, Snap, Green, frozen, cooked, boiled, drained without salt	1 cup	17.1	USDA
Beans, Snap, Green, frozen, cooked, boiled, drained, with salt	1 cup	17.1	USDA
Beans, Snap, Yellow, frozen, cooked, boiled, drained, with salt	1 cup	17.1	USDA
Beans, Snap, Yellow, frozen, cooked, boiled, drained, without salt	1 cup	17.1	USDA
Beans, Mung, Mature Seeds, Sprouted, Canned, drained Solids	1 cup	16.8	USDA
Babyfood, Vegetable, Carrots, Strained	1 jar	16.3	USDA
Raspberries, frozen, red, sweetened	1 cup	16.3	USDA
Puff Pastry, frozen, Ready-To-Bake, Baked	4 oz	16.3	USDA
Cream Puffs, Prepared From Recipe, Shell	1 cream puff shell	16.2	USDA
Cream Puffs, Prepared From Recipe, Shell, with Custard Filling	1 cream puff	16.2	USDA
Fast Foods, French Toast Sticks	5 pieces	15.8	USDA
Babyfood, Prunes, without Vitamin C, strained	1 can	15.7	USDA



# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Bread, Cheese	1 slice	15.6	USDA
Cauliflower, raw	1 cup	15.5	USDA
Candies, white chocolate	1 cup	15.5	USDA
Burger King®, French Toast Sticks	5 sticks, 1 serving	15.5	USDA
Pizza Hut®, 12" Cheese Pizza, Pan Crust	1 slice	15.5	USDA
Babyfood, Vegetable, Peas, Strained	4 oz	15.5	USDA
Salad dressing, home recipe, vinegar and oil	1 tbsp	15.4	USDA
Nuts, pine nuts, dried	1 oz	15.3	USDA
Grape Leaves, raw	1 cup	15.2	USDA
Blackberry Juice, canned	4 oz	15.2	USDA
Child Formula, Mead Johnson, Portagen®, with Iron, Prepared From Powder	4 fl oz	15.1	USDA
Sauce, Tartar, ready-to-serve	2 tbsp	15.1	USDA
Peas and Carrots, frozen, cooked, boiled, drained, with salt	0.5 cup	15	USDA
Peas and Carrots, frozen, cooked, boiled, drained, without salt	0.5 cup	15	USDA
Fast foods, potato, French fried in vegetable oil	1 medium	15	USDA
Fast Food, Pizza Chain, 14" Pizza, Sausage Topping, Thick Crust	1 slice	15	USDA
Beans, kidney, red, mature seeds, cooked, boiled, without salt	1 cup	14.9	USDA
Blueberries, Wild, canned, heavy syrup, drained	4 oz	14.8	USDA
Salmonberries, raw (Alaska Native)	4 oz	14.8	USDA
Salad Dressing, Blue or Roquefort Cheese Dressing, Light	1 tbsp	14.6	USDA
Carrots, raw	1 cup	14.5	USDA



# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Margarine-like, vegetable oil spread, 60% fat, stick, with salt	1 tbsp	14.5	USDA
Salad Dressing, Green Goddess, regular	1 tbsp	14.5	USDA
Restaurant, Latino, Arroz Con Grandules (Rice and Pigeonpeas)	1 cup	14.5	USDA
Hyacinth-Beans, Immature Seeds, raw	1 cup	14.5	USDA
South Beach Diet® Meal Bars	1 bar	14.5	South Beach Diet
Slim Fast® Meal Bar, Chocolate Peanut Caramel	1 bar	14.5	Unilever
Slim Fast® Meal Bar, Chocolate Cookie Dough	1 bar	14.5	Unilever
Slim Fast® Meal Bar, Chocolate Fudge Brownie	1 bar	14.5	Unilever
Slim Fast® Meal Bar, Sweet & salty Chocolate Almond	1 bar	14.5	Unilever
Slim Fast® Meal Bar, Chewy Chocolate Crisp	1 bar	14.5	Unilever
Slim Fast® Meal Bar, Fruit & Yogurt Trail Mix	1 bar	14.5	Unilever
Adkins™ Advantage™ Shakes, Milk Chocolate Delight	1 bottle	14.5	Adkins Nutritional
Adkins™ Advantage™ Shakes, Café Caramel	1 bottle	14.5	Adkins Nutritional
Beef stew, canned entree	1 cup	14.4	USDA
Pie, pumpkin, commercially prepared	1 piece	14.4	USDA
Carrots, canned, regular pack, drained solids	1 cup	14.3	USDA
Pomegranates, raw	0.5 cup, arils (seed/juice sacs)	14.3	USDA
Celery, cooked, boiled, drained, without salt	1 stalk	14.2	USDA
Tomatoes, red, ripe, raw, year round average	1 cup	14.2	USDA
Infant Formula, Abbott Nutrition, Similac®, Isomil®, Advance® with Iron, Liquid Concentrate	4 fl oz	14.1	USDA



# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Infant Formula, Abbott Nutrition, Similac®, Isomil®, with Iron, Liquid Concentrate	4 fl oz	14.1	USDA
Pickles, Cucumber, Sour	1 spear	14.1	USDA
Pickles, Cucumber, Sour, low sodium	1 spear	14.1	USDA
Soup, minestrone, canned, reduced sodium, ready-to-serve	1 cup	14	USDA
Babyfood, Stage 1® Peas, Beech-Nut Jarred Baby Foods	1 jar	14	Beech-Nut
Hot Pockets®, Meatballs and Mozzarella Stuffed Sandwich, frozen	1 hot pocket, 1 serving	13.7	USDA
Bread stuffing, bread, dry mix, prepared	0.5 cup	13.7	USDA
Fast Food, Pizza Chain, 14" Pizza, Pepperoni Topping, Thick Crust	1 slice	13.6	USDA
Grapes, American Type (Slip Skin), raw	1 cup	13.4	USDA
Beans, Snap, yellow, canned, regular pack, drained solids	1 cup	13.4	USDA
Lettuce, iceberg (includes Crisphead types), raw	1 cup	13.3	USDA
Peppers, sweet, green, cooked, boiled, drained, without salt	1 cup	13.3	USDA
Babyfood, Dessert, Blueberry Yogurt, strained	4 oz	13.3	USDA
Blackberries, canned, heavy syrup, solids and liquids	4 oz	13.3	USDA
Margarine, Regular, 80% Fat, composite, stick, without salt	1 tbsp	13.2	USDA
Nuts, Pistachio Nuts, dry roasted, without salt added	4 oz	13.2	USDA
Peas and Carrots, canned, no salt, solids and liquids	4 oz	13.1	USDA
Salad dressing, Blue or Roquefort cheese dressing, commercial, regular	1 tbsp	13.1	USDA
Margarine, regular, 80% fat, composite, tub, with salt	1 tbsp	13	USDA
Babyfood, Stage 2® Carrots, Beech-Nut Jarred Baby Foods	1 jar	13	Beech-Nut
Margarine, Regular, 80% Fat, composite, stick, with salt	1 tbsp	13	USDA



# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Margarine, Regular, 80% Fat, composite, tub, with salt	1 tbsp	13	USDA
Margarine, Regular, 80% Fat, composite, tub, without salt	1 tbsp	13	USDA
Margarine-Like Spread with Yogurt, 70% Fat, Stick, with salt	1 tbsp	13	USDA
Margarine-Like Spread with Yogurt, Approximately 40% Fat, Tub, with salt	1 tbsp	13	USDA
Margarine, Regular, 80% Fat, composite, tub, with salt, with Added Vitamin D	1 tbsp	12.8	USDA
Vegetable juice cocktail, canned	1 cup	12.8	USDA
Garlic Bread, frozen	1 slice, presliced	12.7	USDA
Potatoes, mashed, home-prepared, whole milk and margarine added	1 cup	12.6	USDA
Pickle relish, sweet	1 tbsp	12.6	USDA
Infant Formula, Abbott Nutrition, Similac®, Sensitive® (Lacto Free), Powder, with ARA and DHA	1 fl oz	12.6	USDA
Soup, Beef Noodle, Dry, Mix	1 packet	12.6	USDA
Vitamins, Centrum® Cardio	1 tablet	12.5	Wyeth Healthcare
Popcorn, Caramel-Coated, without Peanuts	4 oz	12.5	USDA
Vitasoy USA organic Nasoya Sprouted, TofuPlus® Super Firm	3 oz	12.5	USDA
Peppers, Serrano, raw	1 cup, chopped	12.4	USDA
Coriander (Cilantro) Leaves, raw	0.25 cup	12.4	USDA
Restaurant, Chinese, Sweet and Sour Chicken	3 pieces	12.4	USDA
Pears, Asian, raw	1 pear	12.4	USDA
Margarine-like, margarine-butter blend, soybean oil and butter	1 tbsp	12.3	USDA
Currants, Red and White, raw	1 cup	12.3	USDA



# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Pie, blueberry, commercially prepared	1 piece	12.3	USDA
Margarine-Like, Margarine-Butter Blend, Soybean Oil and Butter	1 tbsp	12.2	USDA
Babyfood, Snack, Gerber® Graduate Yogurt Melts	4 oz	12.2	USDA
Ensure Powder®	8 ounces	12	Abbott Laboratories
PowerBar® PRIA®	1 bar	12	Nestle Nutrition
Cracker Barrel®, Chicken Tenderloin Platter, Fried, From Kid's Menu	1 piece	12	USDA
Infant Formula, Nestlé®, Gerber®, Good Start® Soy, with DHA and ARA, Liquid Concentrate	4 fl oz	11.9	USDA
Snacks, Soy Chips or Crisps, salted	4 oz	11.9	USDA
Cream Puffs, Prepared From Recipe, Shell (including éclair)	1 éclair	11.8	USDA
Restaurant, Chinese, Sweet and Sour Pork	3 pieces	11.7	USDA
Celery, raw	1 stalk	11.7	USDA
Babyfood, Dinner, Beef with Vegetable	4 oz	11.6	USDA
Fast Food, Pizza Chain, 14" Pizza, Cheese Topping, Thick Crust	1 slice	11.5	USDA
Taco Bell®, Soft Taco with Beef, Cheese and Lettuce	1 each, taco	11.4	USDA
Pepper, Black	1 tbsp, ground	11.3	USDA
Fast Foods, Potato, French Fried in Vegetable Oil	4 oz	11.2	USDA
Nuts, chestnuts, European, roasted	1 cup	11.2	USDA
Burger King®, French Fries	4 oz	11.1	USDA
Domino's Pizza® 14" Cheese Pizza, Crunchy Thin Crust	1 slice	11.1	USDA
Plums, canned, purple, heavy syrup pack, solids and liquids	1 cup	11.1	USDA





# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Peppers, sweet, green, raw	1 cup	11	USDA
Beans, kidney, red, mature seeds, canned	1 cup	11	USDA
Adkins™ Meal Advantage™ Bars, Chocolate Peanut Butter	1 bar	11	Adkins Nutritional
Adkins™ Meal Advantage™ Bars, Peanut Butter Granola	1 bar	11	Adkins Nutritional
Adkins™ Meal Advantage™ Bars, Chocolate Chip Granola	1 bar	11	Adkins Nutritional
Adkins™ Meal Advantage™ Bars, Cinnamon Bun	1 bar	11	Adkins Nutritional
Adkins™ Meal Advantage™ Bars, Strawberry Almond	1 bar	11	Adkins Nutritional
BALANCE Bar®, Nutritional Bar, Double Chocolate Brownie	1 bar	11	Balance Food Bar Company
BALANCE Bar®, Nutritional Bar, S'mores, Gold	1 bar	11	Balance Food Bar Company
Arugula, raw	0.5 cup	10.9	USDA
Croissants, Cheese	4 oz	10.9	USDA
Salad dressing, thousand island, commercial, regular	1 tbsp	10.8	USDA
Plums, canned, purple, juice pack, solids and liquids	1 cup	10.8	USDA
Pastry, Pastelitos De Guava (Guava Pastries)	1 piece	10.8	USDA
Fish Portions and Sticks, frozen, Preheated	4 oz	10.7	USDA
Fast Foods, Taco with Beef, Cheese and Lettuce, Hard Shell	1 each, taco	10.6	USDA
Infant Formula, Mead Johnson, Next Step, ProSobee® LIPIL®, Powder, with ARA and DHA	3 scoop	10.6	USDA
Infant Formula, Mead Johnson, Enfamil®, Next Step, ProSobee® LIPIL®, Powder, with ARA and DHA	3 scoop	10.6	USDA
Marjoram, Dried	1 tbsp	10.6	USDA



# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Taco Bell®, Original Taco with Beef, Cheese and Lettuce	1 each, taco	10.6	USDA
T.G.I. Friday's®, Chicken Fingers, From Kids' Menu	1 piece	10.4	USDA
Lettuce, Cos or Romaine, raw	1 leaf	10.3	USDA
Infant Formula, Abbott Nutrition, Similac®, Sensitive® (Lactose Free), Liquid Concentrate, with ARA and DHA	4 fl oz	10.3	USDA
Infant Formula, Mead Johnson, Enfamil®, LIPIL®, with Iron, Liquid Concentrate, with ARA and DHA	4 fl oz	10.3	USDA
Babyfood, Dinner, Vegetable and Bacon, Strained	1 jar	10.3	USDA
Infant Formula, Abbott Nutrition, Similac®, Advance®, with Iron, Liquid Concentrate, not reconstituted	4 fl oz	10.2	USDA
Infant Formula, Abbott Nutrition, Similac®, Low Iron, Liquid Concentrate, not reconstituted	4 fl oz	10.2	USDA
Infant Formula, Abbott Nutrition, Similac®, with Iron, Liquid Concentrate, not reconstituted	4 fl oz	10.2	USDA
Infant Formula, Mead Johnson, Enfamil®, Lact, LIPIL®, with Iron, Liquid Concentrate, not reconstituted, with ARA and DHA	4 fl oz	10.2	USDA
Infant Formula, Mead Johnson, Enfamil®, ProSobee®, LIPIL®, Liquid Concentrate, not reconstituted, ARA and DHA	4 fl oz	10.2	USDA
Infant Formula, Mead Johnson, ProSobee®, with Iron, Liquid Concentrate, not reconstituted	4 fl oz	10.2	USDA
Infant Formula, Nestlé®, Gerber®, Good Start® Essentials Soy, with Iron, Liquid Con, not reconstituted	4 fl oz	10.2	USDA
Infant Formula, PBM Products, Store Brand, Soy, Liquid Concentrate, not reconstituted	4 fl oz	10.2	USDA
Infant Formula, PBM Products, Ultra Bright Beginnings, Soy, Liquid Concentrate	4 fl oz	10.2	USDA
Alfalfa seeds, sprouted, raw	1 cup	10.1	USDA



# WellLife Vitamin K Finder

## Medium Vitamin K Content Foods (10-24 micrograms)

Description	Serving Size	Vitamin K Content (mcg)	Source
Infant Formula, Mead Johnson, Enfamil®, Nutramigen®, LIPIL®, with Iron, Liquid Concentrate, with ARA and DHA	4 fl oz	10.1	USDA
Infant Formula, Mead Johnson, Enfamil®, Nutramigen®, with Iron, Liquid Concentrate	4 fl oz	10.1	USDA
Oil, canola	1 tbsp	10	USDA
Vitamin, Sentivites Senior Multi Vitamin & Min Formula	1 Tablet	10	Action Labs, Inc.
Infant Formula, Mead Johnson, Enfamil®, LIPIL®, Low Iron, Liquid Concentrate, with ARA and DHA	4 fl oz	10	USDA
Infant Formula, Nestlé®, Gerber®, Good Start® 2 Essentials, with Iron, Liquid Concentrate, not reconstituted	4 fl oz	10	USDA
Infant Formula, Nestlé®, Gerber®, Good Start® Super, with Iron, Liquid Concentrate, not reconstituted	4 fl oz	10	USDA

To see more foods and their vitamin K levels visit [PTINR.com](https://www.ptinr.com), click the [Vitamin K Finder link](#).