

## Cooking Oils & Vitamin K

### Vitamin K in surprising sources

Vitamin K-rich foods are easily identified because of their dark green coloring, like romaine lettuce, broccoli, and spinach. Other foods represent less visible forms of vitamin K, including mayonnaise, margarines, and salad dressings.

Some cooking oils contain more vitamin K than many vegetables you eat. Many times we think about cholesterol in oils we consume, but very few people think about the vitamin K in those same oils.

### Consistency is the key to INR stability

Below is a helpful chart summarizing some popular oil choices used for cooking with

levels of vitamin K, which should help you plan your daily consumption of vitamin K. Eliminating vitamin K from the diet would be nearly impossible and, since vitamin K is important for bone health, it could have negative health consequences.<sup>1</sup> A balanced diet with a consistent intake of vitamin K is recommended.<sup>2</sup>

For those of you passionate for your soybean, canola and vegetable oils - there is good news. Exposure of oils to sunlight or fluorescent light destroys approximately 85% of the vitamin K.<sup>3</sup> You must expose them to sunlight or fluorescent light for at least 48 hours.<sup>3</sup>

### Oils and salad dressings low in fat also contain lower levels of vitamin K<sup>4</sup>

Cooking Oils	Vitamin K <sup>5</sup>	Serving Size	Vitamin K
Canola	10.0 mcg	1 tablespoon	High
Olive	8.1 mcg	1 tablespoon	High
Soybean	3.4 mcg	1 tablespoon	Low
Sesame	1.8 mcg	1 tablespoon	Low
Safflower	1.0 mcg	1 tablespoon	Low
Sunflower	0.7 mcg	1 tablespoon	Low
Corn	0.3 mcg	1 tablespoon	Low
Peanut	0.1 mcg	1 tablespoon	Low

For more information on vitamin K, visit our Vitamin K Finder at **[www.PTINR.com](http://www.PTINR.com)** or call **1-877-262-4669**



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1. Vermeer, C. (2003). Vitamin K supplementation: A simple way to improve bone and vascular health. *Nutraceuticals*, 17-20.
2. Bristol-Myers Squibb Company. Medication Guide for Coumadin Tablets and Coumadin for Injection (Package Insert). Princeton, NJ. 2009.
3. Desmarais, R. *The Coumadin Cookbook*. Maryland: Marsh Publishing. 2005.
4. Peterson, J., et al. Phyloquinone and dihydrophyloquinone content of fats and oils. *JAOCs*, 79, 641-646. 2002.
5. USDA, National Nutrient Database for Standard Reference, Release 22, 2009.