

Sources of vitamin K

Vitamin K is a group of essential fat-soluble compounds needed for making proteins involved in haemostasis (blood clotting) and bone metabolism. The vitamin K group includes phylloquinone (vitamin K1) and menaquinones (collectively known as vitamin K2).



The adequate Intake (AI)



19+ male
70 µg/day



19+ female
60 µg/day



Pregnancy
60 µg/day



Lactation
60 µg/day

Food (serving size)	Vitamin K (µg)
Natto (1 tablespoon)*	150*
Spinach, raw (1 cup)	145
Kale, raw (1 cup)	113
Broccoli, boiled (½ cup)	110
Kiwi fruit (1 medium)	30
Soybean oil (15 ml, 1 tablespoon)	25
Avocado (100 g, ½ an avocado)	21
Prunes, uncooked (30g, 3 pieces)	17
Okra, raw (½ cup)	16
Pine nuts, dried (28 g)	15
Blueberries, raw (75 g, ½ cup)	14
Iceberg lettuce, raw (1 cup)	14
Chicken breast (85 g)*	13*
Grapes (½ cup)	11
Cashews, dry roasted (28 g, 1/5 cup)	10
Carrots, raw (1 medium)	8
Olive oil (15 ml, 1 tablespoon)	8
Ground beef (85 g)*	6*
Ham, roasted (85 g)*	4*
Cheddar cheese (42 g)*	4*
Egg, hard-boiled (1 large)*	4*

* Source of Vitamin K2