

**Foods with high Vitamin K
content (>150mcg per
serving):**

Average serving size: ½-1 cup

Broccoli
Brussels sprouts
Cabbage, cooked
Collard greens
Green tea
Kalé
Onions, spring, scallions, or green
Parsley (10 sprigs)
Spinach, canned, cooked, or raw (canned and cooked higher)
Swiss chard
Turnip/Mustard/Beet greens
Juices: V8, blueberry
Supplements: Ensure, Boost, V8 juice, some protein bars/diet bars

**Foods with medium Vitamin
K content (30-150mcg per
serving):**

Average serving size: ½-1 cup

Asparagus
Apple, green peel only
Artichokes
Avocado
Blackberries
Blueberries
Cabbage, raw
Celery
Chinese cabbage (bok-choi)
Cucumber with peel
Endive
Grapes, red or green
Green pepper
Kiwi
Lettuce, green leaf
Okra
Peas
Pickles
Plums
Rhubarb
Sauerkraut
Watercress

It is okay to eat these foods as long as you are consistent with them. If you start eating more or less of them than usual, contact your nurse.

****Please talk to your ACC nurse regarding foods not on this list****