

Dr. Crowley's Pharmacy

Vitamin K

Helps with blood clotting and wound healing
Strengthens bones and helps with morning sickness
Protects cognitive functions and reduces the risk of cardiovascular disease

The following foods are a great source of Vitamin K

Fruits:

Kiwi fruit 1 cup 73 Mcg
Yellow plantation 1 cup 53.7 Mcg
Avocados 1 cup 42 Mcg
Rhubarb 1 cup 37.5 Mcg
Blueberries 1 cup 28.6 Mcg
Pomegranates 1 cup 28.5 Mcg
Blackberries 1 cup 28.5 Mcg
Red or Green Grapes 1 cup 22 Mcg
Plums 1 cup 10.6 Mcg
Raspberries 1 cup 9.6 Mcg

Nuts and Oils:

Dry roasted cashews ½ cup 80 Mcg
Frozen edamame ½ cup 21 Mcg
Dried pine nuts 1 oz 15 Mcg

Soybean Oil 1 TBSP 25 Mcg
Canola Oil 1 TBSP 10 Mcg
Olive Oil 1 TBSP 8 Mcg
Sesame Oil 1 TBSP 1.9 Mcg

Vegetables:

Spinach, cooked 1 cup 888.5 Mcg
Kale, cooked 1 cup 544 Mcg
Raw Swiss Chard 1 cup 299 Mcg
Broccoli, cooked 1 cup 220 Mcg
Brussel Sprouts 1 cup 219 Mcg
Cabbage, cooked 1 cup 163 Mcg
Pickled Cucumbers 1 cup 130 Mcg
Asparagus, cooked 1 cup 91 Mcg
Kimchi 1 cup 65.4 Mcg
Okra, cooked 1 cup 64 Mcg
Green Beans 1 cup 60 Mcg
Lettuce 1 cup 56 Mcg

Salad Dressings:

Honey Mustard 2 TBSP 21 Mcg
Poppyseed 2 TBSP 16.6 Mcg
Thousand Island 1 TBSP 11.1 Mcg
Sesame Seed 1 TBSP 8.4 Mcg
Italian 1 TBSP 1.9 Mcg