

HIGH VITAMIN K1 FOODS



spinach
570 mcg/100 g serve



kale
300 mcg/45 g serve



broccoli
170 mcg/100 g serve



lettuce
100 mcg/71 g serve



asparagus
50 mcg/85 g serve



natto
30 mcg/100 g serve



celery
30 mcg/77 g serve



prunes
30 mcg/43 g serve



cauliflower
20 mcg/115 g serve



avocado
20 mcg/88 g serve



cucumber
20 mcg/80 serve



grapes
10 mcg/93 g serve

Vitamin K

Mark Steyvers



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