

HARRISHEALTH SYSTEM Warfarin (Coumadin®) acts by interfering with Vitamin K, reducing your body's ability to form blood clots.

Vi	itamin K Content of	Cooking Oils		
Oil Amount			Vitamin K (mcg)	
Soybean	1 tbsp		28	
Canola	1 tbsp		20	
Olive	1 tbsp		8	
Foods Very High in		Vitamin K		
Food Type	10003 Very High II		Vitamin K (mcg/serving)	
		Serving Size	, 0: 0,	
Kale, frozen, boiled Kale, fresh, boiled		½ cup	573	
Spinach, frozen, chopped		½ cup	531	
Spinach, canned		½ cup	513	
Spinach, fresh, boiled		½ cup	494	
		½ cup	444	
Collard greens, fresh, boiled		½ cup	418	
Beet greens, fresh, boiled		½ cup	349	
Turnip greens, fresh, boiled		½ cup	265	
Green Tea (dried leaves)		1 tbsp	215	
Mustard greens, fresh, boiled		½ cup	210	
Lettuce, butterhead (includes boston / bibb), raw		1 head	167	
Brussels Sprouts, frozen, boiled		½ cup	150	
Brussels Sprouts, fresh, boiled		½ cup	110	
Broccoli, fresh, boiled		½ cup	110	
Onions, spring or scallion (including tops/bulb), raw		½ cup	103	
Foo	ods Moderately Hig	h in Vitamin K		
Food Type		Serving Size	Vitamin K (mcg/serving)	
Broccoli, frozen, boiled		½ cup	92	
Pistachios		½ cup	75	
Spinach, raw, chopped		½ cup	73	
Asparagus, frozen, cooked, boiled, drained		½ cup	72	
Sauerkraut, canned				
Sauerkraut, canned		½ cup	67	
Sauerkraut, canned Pumpkin Seeds, dried, roasted		½ cup ½ cup	67 54	
Pumpkin Seeds, dried, roasted		½ cup	54	
Pumpkin Seeds, dried, roasted Lettuce, Green Leaf, shredded		½ cup ½ cup	54 50	
Pumpkin Seeds, dried, roasted Lettuce, Green Leaf, shredded Cucumber, with peel, raw		½ cup ½ cup 1 large	54 50 49	
Pumpkin Seeds, dried, roasted Lettuce, Green Leaf, shredded Cucumber, with peel, raw Mayonnaise, regular		½ cup ½ cup 1 large ½ cup	54 50 49 49	
Pumpkin Seeds, dried, roasted Lettuce, Green Leaf, shredded Cucumber, with peel, raw Mayonnaise, regular Spinach, raw		½ cup ½ cup 1 large ½ cup 1 leaf	54 50 49 49 48	
Pumpkin Seeds, dried, roasted Lettuce, Green Leaf, shredded Cucumber, with peel, raw Mayonnaise, regular Spinach, raw Broccoli, raw, chopped		½ cup ½ cup 1 large ½ cup 1 leaf ½ cup	54 50 49 49 48 44	
Pumpkin Seeds, dried, roasted Lettuce, Green Leaf, shredded Cucumber, with peel, raw Mayonnaise, regular Spinach, raw Broccoli, raw, chopped Watercress, raw, chopped	d	½ cup ½ cup 1 large ½ cup 1 leaf ½ cup ½ cup	54 50 49 49 48 44 44	
Pumpkin Seeds, dried, roasted Lettuce, Green Leaf, shredded Cucumber, with peel, raw Mayonnaise, regular Spinach, raw Broccoli, raw, chopped Watercress, raw, chopped Black Tea (dried leaves)	d	½ cup ½ cup 1 large ½ cup 1 leaf ½ cup ½ cup 1 tesp	54 50 49 49 48 44 43 39	
Pumpkin Seeds, dried, roasted Lettuce, Green Leaf, shredded Cucumber, with peel, raw Mayonnaise, regular Spinach, raw Broccoli, raw, chopped Watercress, raw, chopped Black Tea (dried leaves) Cabbage, cooked, boiled, drained		½ cup ½ cup 1 large ½ cup 1 leaf ½ cup ½ cup ½ cup ½ cup	54 50 49 49 48 44 43 39 37	
Pumpkin Seeds, dried, roasted Lettuce, Green Leaf, shredded Cucumber, with peel, raw Mayonnaise, regular Spinach, raw Broccoli, raw, chopped Watercress, raw, chopped Black Tea (dried leaves) Cabbage, cooked, boiled, drained Avocado, without skin and seed		½ cup ½ cup 1 large ½ cup 1 leaf ½ cup ½ cup ½ cup 1 tbsp ½ cup 1 fruit	54 50 49 49 48 44 43 39 37 36	
Pumpkin Seeds, dried, roasted Lettuce, Green Leaf, shredded Cucumber, with peel, raw Mayonnaise, regular Spinach, raw Broccoli, raw, chopped Watercress, raw, chopped Black Tea (dried leaves) Cabbage, cooked, boiled, drained Avocado, without skin and seed Rhubarb, frozen, cooked, with su		½ cup ½ cup 1 large ½ cup 1 leaf ½ cup ½ cup ½ cup 1 tbsp ½ cup 1 fruit ½ cup	54 50 49 49 48 44 43 39 37 36 35	
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