United States Department of Agriculture
Agricultural Research Service
Human Nutrition Information Service
HNIS/PT-104

Provisional Table on the Vitamin K Content of Foods

For research use only

Prepared by John L. Weihrauch
and Ashok S. Chatra

Acknowledgments: The authors express appreciation to Sarah L. Booth and James A. Sadowski, USDA Human Nutrition Research Center on Aging at Tufts University, and Guylaine Ferland, Department of Nutrition, University of Montreal, for their contributions of data and their assistance with the development of this table.

Users of this table should keep in mind that the data are provisional. Critical review of available data and further investigation will be necessary before definitive information can be published. All data were obtained by high-performance liquid chromatography. Data by bioassay included in earlier versions of this table were not used in this revision. The values are expressed as medians because of the paucity of and large variation in existing analytical data.

Items which could not be matched with items in the National Nutrient Data Bank do not have a corresponding NDB number listed in the table.

Mention of commercial products in this publication is solely for identification purposes and does not constitute endorsement by the U.S. Department of Agriculture over other products not mentioned. Mention of brand names is necessary to report factually on available data. USDA neither guarantees nor warrants the standard of the products, and the use of brand names by USDA implies no approval of the products to the exclusion of others which may also be suitable.

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, and marital or familial status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (braille, large print, audiotape, etc.) should contact the USDA Office of Communications at (202) 720-5881 (voice) or (202) 720-7808 (TDD).

To file a complaint, write the Secretary of Agriculture, U.S. Department of Agriculture, Washington, DC 20250, or call (202) 720-7327 (voice) or (202) 720-1127 (TDD). USDA is an equal opportunity employer.

Nutrient Data Research Branch
Nutrition Monitoring Division
Revised February 1994

Provisional table on the vitamin K content of foods
[Median value in 100 grams edible portion.
TR: trace(<0.005 µg/100g)]

NDB No.	Food Item	Vitamin K µg/100g
	Baked Products	
-----	Bread, assorted types	3
18173	Crackers, graham	0.5
18228	Crackers, saltines	2
	Beef Products	
13309	Beef, ground, regular, raw	0.5
	Beverages	
14209	Coffee, brewed	10
14416	Cola, diet	TR
14400	Cola, regular	TR
14242	Cranberry juice cocktail	TR
14166	Ginger ale, diet	TR
14136	Ginger ale, regular	0.01
14292	Lemonade, frozen concentrate	0.03
-----	Sake	TR
14355	Tea, brewed	0.05
-----	Tea leaves, black	262
-----	Tea leaves, green	1,428
-----	Tea, decaffeinated, brewed	0.03
14084	Wine, table	TR
	Breakfast Cereals	
08028	Bran flakes	2
08020	Corn flakes	0.04
08122	Oatmeal, instant, dry, plain	3
08066	Puffed rice	0.08
08146	Puffed wheat, plain	2
08147	Shredded wheat	0.7
08077	Total®	0.7
	Cereal Grains and Pasta	
-----	Barley flour	1
20011	Buckwheat flour, whole groats, cooked	7
20031	Millet, uncooked	0.9
20061	Rice flour	0.04
20044	Rice, white, uncooked	1
20120	Spaghetti, dry	0.2
20081	Wheat flour, all-purpose	0.6

Provisional table on the vitamin K content of foods
[Median value in 100 grams edible portion.
TR: trace(<0.005 μg/100g)]

NDB No.	Food Item	Vitamin K μg/100g
	Dairy and Egg Products	
01001	Butter	7
01009	Cheese, cheddar	3
01056	Cream, sour, cultured	1
01124	Egg white, raw	0.01
01125	Egg yolk, raw	2
01103	Milk, chocolate, lowfat	0.4
01090	Milk, dry, whole	2
01085	Milk, skim	0.02
01077	Milk, whole (3.3% fat)	0.3
01121	Yogurt, fruit	0.7
01117	Yogurt, lowfat, plain	0.3
	Fast Foods	
21042	Chili con carne	2
21127	Coleslaw	57
	Finfish and Shellfish Products	
15155	Abalone, mixed species, raw	23
-----	Butterfly bream, raw	0.2
15157	Clam, mixed species, raw	0.2
15025	Eel, mixed species, raw	0.02
15046	Mackerel, Atlantic, raw	5
15166	Octopus, common, raw	0.07
15167	Oyster, eastern, wild, raw	0.1
-----	Pacific saury, raw	0.02
15083	Salmon, pink, raw	0.4
-----	Sardine, raw	0.09
15149	Shrimp, mixed species, raw	0.03
15175	Squid, mixed species, raw	0.02
-----	Top shell, raw	3
15117	Tuna, bluefin, raw	0.03
15135	Yellowtail, mixed species, raw	0.08
	Fruits and Fruit Juices	
09016	Apple juice, canned or bottled	0.1
-----	Apple peel, green	60
-----	Apple peel, red	20
09019	Apple sauce, canned	0.5
09004	Apples, without skin, raw	0.4
09022	Apricots, canned, water pack, with skin	5
09037	Avocados, raw	40
09040	Bananas, raw	0.5
09052	Blueberries, canned, heavy syrup pack	6

Provisional table on the vitamin K content of foods
[Median value in 100 grams edible portion.
TR: trace(<0.005 μg/100g)]

NDB No.	Food Item	Vitamin K μg/100g
	Fruit and Fruit Juices--continued	
09081	Cranberry sauce, canned, sweetened	1
09096	Fruit cocktail, canned, water pack	0.8
09135	Grape juice, canned or bottled	0.2
09123	Grapefruit juice, canned	0.2
09111	Grapefruit, raw	0.02
09132	Grapes, European-type (adherent skin), raw	3
09148	Kiwifruit, raw	25
09150	Lemon peel, raw	0.2
09181	Melon, raw	1
09206	Orange juice, raw	0.1
09200	Oranges, raw	0.1
09236	Peaches, raw	3
09253	Pears, canned, water pack	0.5
09266	Pineapple, raw	0.1
09273	Pineapple juice, canned	0.7
09279	Plums, raw	12
09294	Prune juice, canned	0.6
	Legumes and Legume Products	
16062	Cowpeas, common, raw	5
16027	Kidney beans, raw	19
16069	Lentils, raw	22
-----	Lima beans, raw	6
16112	Miso	11
16037	Navy beans, raw	2
16098	Peanut butter, smooth style	10
16087	Peanuts, raw	0.2
16042	Pinto beans, raw	10
16120	Soy milk	3
16108	Soybeans, raw	47
16111	Soybeans, dry-roasted	37
16127	Tofu, regular, raw	2
	Nut and Seed Products	
12151	Pistachio nuts, dried	70
-----	Sesame seeds, dried	8
	Oils	
04529	Almond oil	7
04582	Canola oil	141
04518	Corn oil	3
04132	Margarine, regular, hard stick, mainly soybean oil	51
04025	Mayonnaise	81

Provisional table on the vitamin K content of foods
[Median value in 100 grams edible portion.
TR: trace(<0.005 μg/100g)]

NDB No.	Food Item	Vitamin K μg/100g
	Oils--continued	
04053	Olive oil	49
04042	Peanut oil	0.7
04510	Safflower oil	11
04058	Sesame oil	10
04044	Soybean oil	193
04506	Sunflower oil	9
04528	Walnut oil	15
	Pork Products	
10003	Pork, fresh, raw	0.07
	Poultry Products	
05011	Chicken meat, raw	0.1
05167	Turkey meat, raw	0.02
	Snacks and Sweets	
-----	Fruit spread, assorted flavors	0.5
19296	Honey	0.02
19411	Potato chips	10
19047	Pretzels, hard	1
19051	Rice cake, brown rice, plain	0.6
	Vegetables	
11003	Amaranth leaf, raw	1,140
11007	Artichokes, raw	14
11011	Asparagus, raw	40
11052	Beans, snap, raw	47
11080	Beets, raw	3
11090	Broccoli, raw	205
11091	Broccoli, cooked	270
11098	Brussels sprouts, raw	177
-----	Brussels sprouts, top leaf	438
11109	Cabbage, raw	145
11112	Cabbage, red, raw	44
-----	Cabbage, turnip, raw	2
11124	Carrots, raw	5
11125	Carrots, cooked	18
11135	Cauliflower, raw	5
11136	Cauliflower, cooked	10
11143	Celery, raw	12
-----	Chayote leaf, raw	200
-----	Chayote leaf, cooked	270
11156	Chives, raw	190
11157	Chrysanthemum, garland, raw	350

Provisional table on the vitamin K content of foods
[Median value in 100 grams edible portion.
TR: trace(<0.005 μg/100g)]

NDB No.	Food Item	Vitamin K μg/100g
	Vegetables--continued	
11165	Coriander leaf, raw	310
-----	Coriander leaf, cooked	1,510
11167	Corn, sweet, raw	0.5
11205	Cucumber, with skin, raw	19
-----	Cucumber, without skin, raw	2
-----	Cucumber skin, raw	360
11209	Eggplant, raw	0.5
11213	Endive, raw	231
11233	Kale leaf, raw	817
11246	Leek, raw	14
11253	Lettuce leaf, raw	210
11250	Lettuce, butterhead, raw	122
-----	Malabar gourd leaf, raw	22
-----	Mint leaf, raw	230
-----	Mint leaf, cooked	860
11260	Mushrooms, raw	0.02
11270	Mustard greens, raw	170
-----	Nightshade leaf, raw	620
-----	Nightshade leaf, cooked	700
11282	Onions, raw	2
11291	Onions, spring	207
11297	Parsley, raw	540
-----	Parsley, cooked	900
11298	Parsnips, raw	1
11300	Peas, edible-podded, raw	25
11304	Peas, green, raw	36
11305	Peas, green, cooked	23
11333	Peppers, sweet, raw	17
11937	Pickles, dill	26
11352	Potatoes, flesh, raw	0.8
11674	Potatoes with skin, baked	4
11364	Potatoes, skin, baked	0.3
11403	Potatoes, french fried, prepared	5
11424	Pumpkin, canned	16
11427	Purslane, raw	381
11429	Radishes, raw	0.1
11439	Sauerkraut, solids and liquids, canned	25
-----	Seaweed, laver, green	4
-----	Seaweed, laver, purple	1,385
11457	Spinach leaf, raw	400
-----	Spinach stalk, raw	6

Provisional table on the vitamin K content of foods
[Median value in 100 grams edible portion.
TR: trace(<0.005 µg/100g)]

NDB No.	Food Item	Vitamin K µg/100g
	Vegetables--continued	
-----	Squash, skin	80
11641	Squash, summer, without skin, raw	3
11512	Sweetpotatoes, canned	4
11147	Swiss chard leaf, raw	830
11540	Tomato juice, canned	4
11549	Tomato sauce, canned	7
11529	Tomatoes, ripe, raw	6
11568	Turnip greens, raw	251
11564	Turnips, raw	0.09
11591	Watercress, raw	250
	Other Products	
-----	Meatloaf	6
-----	Spaghetti sauce, meat-based	4

☆ U.S. GOVERNMENT PRINTING OFFICE: 1994—520-025