

# VITAMIN K

## Did you know???



Vitamin K is needed for blood clotting and building bones. Vitamin K can be made by the bacteria in your intestines and contributes to some of your daily needs.

If you are taking a blood thinner such as warfarin (Coumadin®), it's very important to get about the same amount of vitamin K each day.

## NUTRITIONAL FACTS

FOOD	QTY	VITAMIN K	DAILY %	CARBS	PROTEIN	CALS
Fennel	1 cup	213.4 ug	178%	14.1g	4.2g	105
Brussel Sprouts	1 cup	155.8 ug	130%	4.5g	3g	37
Spinach	1 cup	144.9 ug	121%	0.4g	0.9g	6.9
Broccoli	1 cup	92.8 ug	77%	3.7g	2.6g	31
Kale	1 cup	81.8 ug	68%	0g	0.6g	7
Chia Seeds	1 Tbsp	70.9 ug	59%	0.8g	1.7g	47
Asparagus	1 cup	55.7 ug	46%	2.3g	2.9	27
Green Peas	1 cup	36 ug	30%	12.5g	7.9g	118
Rhubarb	1 cup	35.7 ug	30%	3.3g	1.1g	25
Bok Choy	1 cup	31.8 ug	27%	0.8g	1g	9