

# Foods rich in vitamin K

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Vitamin K deficiency is a serious problem and can lead to a variety of health problems. Even taking less than the recommended dose over a long period of time can be harmful to a person's overall health and can lead to problems such as:

1. Low bone density
2. Heart disease
3. Osteoporosis
4. Tooth decay
5. Easy bleeding or difficulty clotting
6. Some types of cancer
7. Vascular calcification
8. Cognitive impairment

The recommended amount of vitamin K is at least 90 micrograms (mcg) a day for women and at least 120 mcg a day for men. Most people can easily reach this level by adding the foods below to a healthy, balanced diet.

## Foods rich in vitamin K

There are two types of vitamin K: vitamin K-1 and vitamin K-2. Vitamin K-1 is more common in foods and is especially abundant in green vegetables and some plants.

Vitamin K-2 is found only in a few animal sources and some fermented vegetables, such as natto, a fermented soybean dish.

Here are some foods that are high in vitamin K. It is important to note that vitamin K content is measured per 100 grams (g) of food. Although some herbs, such as basil and thyme, appear to be very high in vitamin K, it is unlikely that a person would use such large amounts when cooking.

### **Foods rich in vitamin K-1**

100 g of the following foods contain high levels of Vitamin K-1:

1. Cooked spinach – 540.7 mCg
2. Cooked Kale – 418.5 mCg
3. Cooked green vegetables – 592.7 mCg
4. Cooked green vegetables – 623.2 mCg
5. Cooked beet greens – 484 mCg
6. Raw Swiss chard – 830 mCg
7. Raw dandelion greens – 778.4 mCg
8. Cooked turnip greens – 518.9 mCg
9. Broccoli – 141.1 mCg
10. Cooked cabbage – 108.7 mCg
11. Raw arugula – 108.6 mCg
12. Dried basil – 1714.5 mCg
13. Dried Sage – 1714.5 mCg
14. Dried thyme – 1714.5 mCg
15. Dried oregano – 621.7 mCg
16. Dried oregano – 621.7 mCg
17. Fresh parsley – 1640 mCg
18. Dried coriander leaves – 1359.5 mCg
19. Endives – 231 mCg
20. Chives – 212.7 mCg
21. Raw watercress – 541.9 mCg
22. Cooked Brussels sprouts – 193.5 mCg
23. Red leaf lettuce – 140.3 mCg
24. Green leaf lettuce – 126.3 mCg
25. Soybean oil – 183.9 mCg
26. Mayonnaise – 163 mCg
27. Margarine – 101.3 mCg

### **Foods rich in vitamin K-2**

100 g of the following foods contain high levels of vitamin K-2:

1. Natto – 939 mcg
2. Foie gras – 369 mcg
3. Beef liver – 106 mcg

4. Turkey sausage – 36.6 mcg
5. Chicken – 35.7 mcg
6. German sausage – 31.2 mcg
7. Salami – 28 mcg
8. Pepperoni – 41.7 mcg
9. Soft cheese – 506 mcg
10. Blue cheese – 440 mcg
11. Hard cheese – 282 mcg
12. Whole milk – 38.1 mcg
13. Bacon – 35 mcg



## How to add vitamin K to your diet

Although most dietary guidelines do not currently distinguish between vitamin K-1 and K-2, it is best to provide your body with vitamin K sources from both types.

Most people who eat a balanced diet rich in whole fruits and vegetables will likely get enough vitamin K in their diet, especially vitamin K-1. One of the easiest ways to add more vitamin K-1 to your diet is to eat dark green leafy vegetables.

Vitamin K-2 can be more difficult to incorporate into a healthy diet because it is typically found in meat and animal products. Healthy gut bacteria produce some vitamin K-2, but the best way to ensure your body gets enough vitamin K-2 is to eat it. Common sources of vitamin K-2 include meat, liver, and some dairy products.

While meat and dairy eaters can usually find sources of vitamin K-2, vegetarians and vegans may be limited. A Japanese fermented soybean dish called natto is an excellent source of vitamin K-2.

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