



Monmouth Cardiology Associates, L.L.C.

NONINVASIVE, INVASIVE, INTERVENTIONAL, NUCLEAR CARDIOLOGY
ELECTROPHYSIOLOGY & CARDIAC PACING, VASCULAR &
CRITICAL CARE MEDICINE

VITAMIN K CONTENT OF SELECTED FOODS

IMPORTANT NOTICE: This list is NOT a list of foods to avoid. ClotCare Online Resource has provided this list for informational purposes only. This list provides information on the vitamin K content of certain foods. As such, it may be helpful in making consistent dietary decisions. This list was created from information provided by Bristol Myers Squibb, the maker of Coumadin. In using this information from ClotCare, you, the user, acknowledge and accept our Terms, Conditions, and Privacy Statement, which can be viewed on our web site at <http://www.clotcare.com/clotcare/index.aspx?page+termsconditionsprivacy.aspx>.

Vitamin K Content

FOODS	LOW	MODERATE	HIGH
Vegetables			
	Green beans	Asparagus	Broccoli
	Carrots	Avocado	Brussel sprouts
	Cauliflower	Red cabbage	Cabbage
	Celery	Green peas	Collard greens
	Corn	Lettuce (iceberg)	Endive (raw)
	Cucumber (peel removed)		Lettuce (bib, red leaf)
	Eggplant		Mustard greens (raw)
	Mushrooms		Parsley
	Onions		Spinach
	Green pepper		Turnip greens (raw)
	Potato		Watercress (raw)
	Pumpkin		Swiss chard
	Sauerkraut (canned)		
	Tomato		
Fruits			
	Apple		
	Banana		
	Blueberries		
	Cantaloupe		
	Grapes		
	Grapefruit		
	Lemon		
	Peach		
Meats			
	Beef		
	Chicken		
	Ham		
	Mackerel		
	Pork		
	Shrimp		
	Tuna		
	Turkey		

Office Locations

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222 Schanck Road, Suite 104, Freehold, NJ 07728 (732) 431-1332 Fax: (732) 431-1712

Hospital Affiliations

Jersey Shore University Medical Center
Monmouth Medical Center
CentraState Medical Center



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<i>Fats and Oils</i>			
	Corn oil	Margarine	Mayonnaise
	Peanut oil	Olive oil	Canola oil
	Safflower oil		Soybean oil
	Sunflower oil		
<i>Dairy Products</i>			
	Butter		
	Cheese – cheddar		
	Eggs		
	Sour cream		
	Yogurt		
<i>Beverages</i>			
	Coffee		
	Cola		
	Fruit juices		
	Milk		
	Tea, black		* Tea, green
	Water		
<i>Grains, breads</i>			
	Bagel		
	Breads		
	Cereal		
	Flour		
	Oatmeal		
	Rice		
	Spaghetti		
<i>Miscellaneous</i>			
	Honey	Pickle, dill	
	Jell-O; gelatin		
	Peanut butter		
	Sugar		

**** There is some controversy as to whether brewing green tea alters the vitamin K content and/or whether green tea may alter the effect of warfarin by some other mechanism.***

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