

VITAMIN K INFORMATION

The estimated adequate range of daily dietary intake of vitamin K is 70-140 µg. If a patient eats excessive amounts of foods high in vitamin K content, the effect of COUMADIN would be antagonized. Conversely, reduction of vitamin K intake would potentiate the effect of COUMADIN. A diet containing a consistent vitamin K content within the daily dietary adequate range is recommended. Please consult your physician if you have any questions.

VITAMIN ♦ K ♦ CONTENT ♦ OF ♦ COMMON ♦ FOODS

FOOD	VITAMIN K µg/100gm	RANK OF VITAMIN K CONTENT	FOOD	VITAMIN K µg/100gm	RANK OF VITAMIN K CONTENT
<i>FRUITS</i>			<i>MILK & MILK PRODUCTS</i>		
Applesauce	2	L	Butter	30	M
Banana	2	L	Cheese	15	M
Orange	1	L	Milk (cow)	1	L
Peach	8	L	<i>CEREALS & GRAIN PRODUCTS</i>		
Strawberry	6	L	Bread	4	L
<i>FATS</i>			Maize	5	L
Corn oil	3	L	Oats	10	L
Safflower oil	3	L	Rice	3	L
Soybean oil	193	H	Wheat flour	4	L
<i>EGGS</i>			Whole wheat	17	L
Hen (whole)	11	L	<i>BEVERAGES</i>		
<i>MEAT & MEAT PRODUCTS</i>			Coffee	38	M
Bacon	46	M	Cola	2	L
Beef liver	92	H	Tea, black	-	L
Chicken liver	7	L	Tea, green	712	H
Ground beef	7	L	<i>VEGETABLES</i>		
Ham	15	L	Asparagus	57	M
Pork liver	25	L	Beans, green	40	M
Pork tenderloin	11	L	Broccoli	175	H
			Brussels sprouts	800-3000	H
			Cabbage	125	H
			Cauliflower	191	H
			Kale	729	H
			Lettuce	129	H
			Peas, green	29	M
			Potato	1	L
			Pumpkin	2	L
			Spinach	415	H
			Tomato	10	L
			Turnip greens	650	H
			Watercress	80	M