



QAS Vitamin K Registry

Quantities, portion sizes, and references found at:

www.PTINR.com

High Vitamin K Content Foods (25 micrograms or higher)

Algae, purple
Amaranth leaf, raw
Apple peel, green
Asatsuki, leaf
Ashitaba, leaf
Asparagus, fresh/frozen, boiled
Asparagus, frozen, boiled
Avocado, peeled
Basella, raw leaf
Beans, raw pod
Beans, snap, raw
Beet greens, boiled
Bell tree dahlia, cooked leaf
Bell tree dahlia, raw leaf
Blackberries, raw
Blueberries, frozen
Blueberries, raw
Bok chow
Boost
Boost Plus
Boost, fiber
Boost, high protein
Boost, high protein powder
Bread crumbs, seasoned
Broccoli, boiled
Broccoli, frozen, chopped, boiled
Broccoli, raw
Brussels sprouts, frozen, boiled
Brussels sprouts, raw
Brussels sprouts, top leaf
Cabbage, raw
Cabbage, red, raw
Carrot juice, canned
Chayote leaf, cooked
Chayote leaf, raw
Chips, cheeto-type cheese snack chips
Chips, olestra potato chips
Chives, raw
Chow Mein, beef
Chrysanthemum, garland
Coleslaw
Collards, boiled, without salt
Collards, frozen, boiled, chopped
Coriander leaf, cooked
Coriander leaf, raw
Cowpeas, black eyes, boiled, frozen
Cowpeas, blackeyed, boiled, fresh
Cucumber skin raw only
Dandelion greens, boiled
Endive, raw
Ensure High Calcium, 8 ounce
Fast foods, coleslaw
Fish, tuna in oil
Kale leaf, raw
Kale, broiled
Kale, frozen, broiled, drained
Kiwifruit, raw
Lettuce, Boston
Lettuce, butter head
Lettuce, iceberg
Lettuce, loose-leaf
Lettuce, red leaf
Lettuce, romaine
Margarine, hard stick, soybean oil
Mayonnaise
Mint leaf
Mint leaf, cooked
Muffin, blueberry
Mung beans, boiled
Mung beans, mature seeds, raw
Mustard greens, boiled
Mustard greens, raw
Nightshade leaf, cooked
Nightshade leaf, raw
Noodles, egg, spinach, cooked
Nuts, pine
Nuts, pistachio
Oatmeal, instant, dry plain
Oil, soybean
Okra, boiled
Okra, frozen, boiled
Onions, spring
Osh., raw leaf
Parsley, cooked
Parsley, raw
Parsley, raw leaf
Peas, edible-podded, cooked
Peas, edible-podded, frozen, boiled
Peas, edible-podded, raw
Peas, green, canned
Peas, green, frozen, boiled
Perilla, raw leaf
Pickles, dill
Pie crust, cookie-type, recipe
Pie crust, standard type, recipe
Pistachio nuts, dried
Plums, dried, uncooked
Prunes, fresh

High Vitamin K Content Foods (25 micrograms or higher)

Pumpkin, canned, without salt	Soybeans, raw
Purslane, raw	Spinach leaf, raw
Rhubarb, frozen, cooked	Spinach, boiled w/out salt
Roctish, cooked leaf	Spinach, canned, drained solids
Roctish, raw leaf	Spinach, frozen chopped or whole leaf, micro waved
Salad dressing, French, lite	Spinach, frozen, chopped or leaf, boiled
Salad dressing, French, regular	Spinach, raw
Salad dressing, Italian, regular	Spinach, raw
Salad dressing, ranch, light	Swiss chard leaf, raw
Salad dressing, ranch, regular	Tea leaves, black
Salad dressing, thousand island, regular	Tea leaves, green
Samat, cooked leaf	Tortilla, olestra chips
Samat, raw leaf	Turnip greens, boiled, drained
Sauce, spaghetti/marinara	Turnip greens, frozen, boiled
Sauerkraut, canned	Turnip greens, raw
Sauerkraut, solids and liquids	Vegetables, mixed, frozen, boiled
Scallions	Viactiv, 3 squares
Seaweed, laver, purple	Watercress, raw
Soybeans, boiled	Wheat flour, all -purpose
Soybeans, dry-roasted	

Medium Vitamin K Content Foods (10-24 micrograms)

Abalone, mixed species, raw	Fish sandwich, fast food
Alfalfa seeds, spouted, raw	Grapes, red or green
Apple peel, red	hamburger, >4 oz., cheese, "special sauce"
Apple pie, fresh/frozen, commercial	hamburger, 2-4 oz., with "special sauce"
Artichokes, cooked, boiled	Hamburger, with sauce (>4 oz)
Artichokes, raw	Kidney beans, raw
Avocados, raw	Leek, raw
Beans, snap, green, canned, regular pack, drained	Lemonade, frozen conc.
Beans, snap, green, canned, regular pack, drained	Lentils, raw
Beans, snap, green, cooked, boiled, drained, without salt	Lettuce, cos or romaine
Beans, snap, green, cooked, boiled, drained, without salt	Lettuce, iceberg
Beans, snap, green, frozen, cooked, boiled, drained, w/o salt	Malabar gourd leaf
Beans, snap, green, frozen, cooked, boiled, drained, w/o salt	Margarine, regular, unspecified oils
Beans, snap, yellow cooked	Margarine, tub, 80% fat
Berries, blackberries	Margarine, vegetable spread, 60% fat
Berries, blueberries	Margarine-butter blend, 60% corn oil
Boost, pudding	Miso
Bread stuffing, prepared	Nuts, chestnuts
Bread, dinner rolls	Nuts, pistachios
Biscuit with egg and sausage	Oil, canola
buns, cinnamon	Oils, vegetable
Candies, confectioners coating	Onions, yellow cooked
Carrots, boiled	Orange single
Carrots, canned	Pears, Asian, raw
Carrots, frozen, boiled	Peppers, green, boiled
Carrots, whole or sliced, micro waved	Peppers, red, cooked
Cauliflower, broiled	Pie crust, frozen, ready to bake
Cauliflower, frozen, boiled	Pie, blueberry, commercially prepared
Cauliflower, raw	pies, apple, frozen
Celery, broiled	pies, crust, chocolate
Celery, raw	pies, crust, graham cracker
cereal bar	pies, pecan, frozen
Cheese puffs or twists	pies, pumpkin, frozen
chicken sandwich, fast food	Pinto beans, raw
Chicken, tenders, frozen, cooked	Pizza, pepperoni, cooked
cinnamon buns	Plums, canned, heavy syrup

Medium Vitamin K Content Foods (10-24 micrograms)

Coffee, brewed	Plums, canned, juice pack
Crackers, cheese	Potato chips
Crackers, cheese with peanut butter	Potatoes, French fries
Cucumber, with skin	Potatoes, mashed, homemade, whole milk
cupcakes, chocolate	Raspberries, frozen, red
Eclairs, custard filled with chocolate	Rice flour
Ensure	Salad dressing, blue cheese
Ensure, high protein	Salad dressing, French
Ensure, light	Salad dressing, homemade, vinegar and oil
Ensure, nutrition bars	Salad dressing, Russian
Ensure, plus	Salad dressing, thousand island, commercial
Ensure, pudding	Salad dressing, thousand island, light
fast food, pancake, sausage	Seeds, pumpkin, squash
Fast foods, French toast sticks	Soup, cup of soup, chicken, dry
Soup, vegetable, ready serve	Tuna, in oil
Spices, parsley, dried	Tuna, noodle casserole
Taco	Turkey patties, breaded, fried
Taco salad	Vegetable juice cocktail, canned
Taco with beef	Vegetables, mixed, canned
Tomato paste	waffles, buttermilk, uncooked, toasted
Tomato, red, ripe	

Low Vitamin K Content Foods (0 - 9 micrograms)

Algae, green	Beef, stew, uncooked
Almond extract	Beef, top sirloin, broiled
Apple juice, canned or bottled	Beets, boiled
Apple sauce, bottled	Beets, raw
Apple sauce, canned	Berries, cherries
Apple, fugi	Berries, cranberries
Apple, gala	Berries, raspberries
Apple, golden delicious, with peel	Berries, strawberries
Apple, golden delicious, without peel	Biscuits, plain or buttermilk
Apple, granny smith	Blueberries, canned heavy syrup
Apple, red delicious, with peel	Bologna, beef or pork
Apple, red delicious, without peel	Boost Breeze
Apple, without the skin, raw	Bran flakes
Apricots, canned, water pack with skin	Braunschweiger, pork
Apricots, raw	Bread crumbs, plain
bacon, raw, pan-fried, microwaved, cooked or baked	Bread, corn
Bagel, cinnamon-raisin	Bread, French or Vienna
Bagel, plain	Bread, hamburger/hot dog roll
Baking chocolate, unsweetened	Bread, Indian
Baking powder	Bread, Italian
Baking powder	Bread, mixed grain
Baking soda	Bread, oatmeal
Bamboo Shoots, canned	Bread, pita white enriched
Bananas, raw	Bread, pumpernickle
Barley flour	Bread, raisin, enriched
Barley, dry	Bread, raisin, enriched, toasted
Barley, pearled, cooked	Bread, reduced-calorie, rye
Barley, pearled, raw	Bread, reduced-calorie, wheat
Beans, baked, canned	Bread, reduced-calorie, white
Beans, baked, canned w/franks	Bread, refrigerated biscuits
Beans, kidney, red canned	Bread, rye
Beans, pinto, mature seeds boiled	Bread, rye, toasted
Beef jerky	Bread, wheat
Beef liver, pan fried	Bread, wheat
Beef, bottom round cooked	Bread, white

Low Vitamin K Content Foods (0 - 9 micrograms)

Beef, chuck, blade roast
Beef, cured, corned beef
Beef, eye of round, cooked
Beef, ground, 75% lean
Beef, ground, 80% lean
Beef, ground, 85% lean
beef, ground, broiled (high fat)
beef, ground, broiled (low fat)
beef, ground, broiled (medium fat)
beef, liver, braised
beef, liver, calf, braised
beef, liver, calf, pan-fried
beef, liver, calf, raw
beef, liver, raw
Cake, angel food
Cake, Boston cream pie
Cake, fruit cake, commercial
Cake, pound cake, fat-free
Cake, snack cakes, crème-filled
Cake, sponge
Cake, white w/coconut frosting
Cake, white w/out frosting
Candies, BUTTERFINGER
Candies, caramels
Candies, caramels, chocolate-flavor
Candies, carob
Candies, fudge, homemade
Candies, fudge, vanilla
Candies, fudge, with nuts
Candies, gumdrops, starch jelly
Candies, hard
Candies, jellybeans
Candies, KIT KAT
Candies, M&M MARS, M&M's
Candies, milk chocolate
Candies, MILKY WAY
Candies, MM's with peanuts
Candies, MR. GOODBAR
Candies, REESE'S PEANUT BUTTER CUPS
Candies, semisweet chocolate
Candies, STARBURST
Cantaloupe
Carbonated beverage, cola
Carbonated beverage, ginger ale
Carbonated beverage, lemon-lime
Carbonated beverage, root beer
Carob flour
Carrots, baby, raw
Carrots, raw, baby
Catsup
Cereal, natural granola, oats and honey
Cereals, ALL-BRAN
Cereals, APPLE JACKS
Cereals, CAP'N CRUNCH
Cereals, CAP'N CRUNCH PEANUT BUTTER CRUNCH
Cereals, CAP'N CRUNCH W/CRUNCHBERRIES
Cereals, COCOA KRISPIES
Cereals, COMPLETE WHEAT BRAN FLAKES
Cereals, CORN FLAKES
Bread, whole-wheat
Buckwheat flour, whole groats, cooked
Bulgur, cooked
Bulgur, dry
Burrito, frozen, bean and cheese
Burrito, frozen, beef and bean, cooked
Burrito, frozen, beef and bean, uncooked
Burritos, with beans
Burritos, with beef
Burritos, with chicken
Butter, salted
Butter, unsalted
Butterfly bream, raw
Cabbage, turnip, raw
Cereals, GM, HONEY NUT CHEERIOS
Cereals, HONEY NUT CHEX
Cereals, HONEY NUT CLUSTERS
Cereals, HONEY NUT HEAVEN
Cereals, INSTANT OATMEAL, apples & cinnamon
Cereals, INSTANT OATMEAL, maple or brown sugar
Cereals, KIX
Cereals, LUCKY CHARMS
Cereals, NATURAL GRANOLA W/RAISINS
Cereals, oats, fortified
Cereals, oats, instant, un-enriched cooked in water
Cereals, PRODUCT 19
Cereals, RAISIN BRAN
Cereals, RAISIN NUT BRAN
Cereals, REESE'S PUFFS
Cereals, RICE CHEX
Cereals, RICE KRISPIES
Cereals, RICE Krispies TREATS
Cereals, shredded wheat
Cereals, SPECIAL K
Cereals, SUGAR SMACKS
Cereals, TOTAL CORN FLAKES
Cereals, TRIX
Cereals, WHEAT CHEX
Cereals, wheat germ, toasted
Cereals, WHEATIES
Cereals, WHOLE GRAIN TOTAL
Cheese food, American pasteurized
Cheese spread, American pasteurized
Cheese, American
Cheese, blue
Cheese, camembert
Cheese, cheddar
Cheese, cheddar, low fat
Cheese, cottage 1% milk fat
Cheese, cottage 2% milk fat
Cheese, cottage, creamed with fruit
Cheese, cottage, large or small curd
Cheese, cream
Cheese, cream, fat free
Cheese, feta
Cheese, mozzarella, part skim, low moisture
Cheese, mozzarella, whole milk
Cheese, muenster
Cheese, parmesan, grated

Low Vitamin K Content Foods (0 - 9 micrograms)

Cereals, CORN POPS
Cereals, CREAM OF WHEAT
Cereals, CRISPIX
Cereals, FROOT LOOPS
Cereals, FROSTED FLAKES
Cereals, FROSTED MINI-WHEATS
Cereals, GM, APPLE CINNAMON CHEERIOS
Cereals, GM, BASIC 4
Cereals, GM, BERRY BERRY KIX
Cereals, GM, CHEERIOS
Cereals, GM, CINNAMON TOAST CRUNCH
Cereals, GM, COCOA PUFFS
Cereals, GM, Corn CHEX
Cereals, GM, GOLDEN GRAHAMS
chicken, barbeque
Chicken, broilers or fryers breast meat roasted
Chicken, broilers or fryers breast meat, fried
chicken, broth (99% fat free)
Chicken, canned, meat only with broth
Chicken, nuggets, frozen, uncooked
Chicken, stewed
Chicken, tenders, frozen, uncooked
Chickpeas, garbanzo beans
Chili con came
Chili, canned, meat and beans, uncooked
Chili, canned, meat no beans, uncooked
Chips, corn
Chocolate, flavored powder mix
Chocolate, syrup
Clam, mixed species, raw
Clams, canned
Clams, mixed species, raw
Cocoa mix, powder, no sugar
Cola, diet
Cola, regular
Cookies, brownies, commercially prepared
Cookies, butter, commercially prepared
Cookies, chocolate chip, commercially prepared
Cookies, cream filling sandwich
Cookies, fig bars
Cookies, graham crackers, plain or honey
Cookies, molasses
Cookies, oatmeal, commercially prepared
Cookies, peanut butter, commercially prepared
Cookies, shortbread, commercially prepared
Cookies, sugar, commercially prepared
Cookies, sugar, homemade, with margarine
Cookies, vanilla sandwich, crème filling
Cookies, vanilla wafers, low fat
Corn chips
Corn flakes
Corn, boiled, canned
Corn, cream style
Corn, sweet, boiled
Corn, sweet, raw
Cornmeal, degermed, enriched yellow
Cornstarch
Couscous, cooked
Cowpeas, common, raw
Cheese, parmesan, grated
Cheese, pasteurized American
Cheese, provolone
Cheese, ricotta, skim milk
Cheese, ricotta, whole milk
Cheese, Swiss
cheese, swiss
Cherries, raw, sweet
Cherries, red, canned
Chicken liver, all classes
Chicken meat, raw
Chicken nuggets
Chicken pot pie, cooked
Chicken roll, light meat
Cream, heavy whipping
Cream, light (coffee or table)
Cream, sour
Cream, substitute, liquid
Cream, substitute, powdered
Cream, whipped cream topping
Croissants, butter
Croutons, seasoned
Crustaceans, blue crab
Crustaceans, crab, alaska king
Crustaceans, lobster, north
Crustaceans, shrimp
Cucumber, without skin
Danish pastry, cheese
Danish pastry, with fruit
Dates, deglet noor
doughnuts, chocolate covered
Doughnuts, glazed (includes honey buns)
Doughnuts, old fashion
doughnuts, powdered sugar
Duck, roasted, meat only
Eel, mixed species, raw
Egg, fried
Egg, hard-boiled
Egg, poached
Egg, scrambled
egg, spanish omelet
egg, steak, cheese
Egg, substitute liquid
Egg, white
Egg, whole, fresh
Egg, yolk
Eggnog
Eggplant, boiled
Eggplant, raw
Emmenthal
English muffins
English muffins, cinnamon raisin, unprepared and toasted
fast food, bacon and egg
fast food, bacon and egg and cheese
fast food, egg and cheese
fast food, ham, egg, cheese
Fast foods, chicken breaded
Fast foods, chili con carne
Fast foods, French fries in vegetable oil

Low Vitamin K Content Foods (0 - 9 micrograms)

crab, canned
Crackers, graham
Crackers, matzo
Crackers, melba toast
Crackers, peanut butter filled
Crackers, saltines
Crackers, wheat
Crackers, whole-wheat
Cranberry juice cocktail
Cranberry juice cocktail
Cranberry sauce, canned sweetened
Cream of tarter
Cream of wheat, uncooked, cooked
Cream, half and half
Fish, sardine in oil
fish, tilapia
fish, tina, light, canned, packed in water
Fish, tuna in water
Flour, barley
Flour, wheat, whole-grain
Flour, white, all -purpose
Frankfurter, beef and pork
Frankfurter, beef hotdog
Frankfurter, chicken
Frostings, vanilla
Frozen juice bars
Frozen yogurt, vanilla
Fruit cocktail, canned, water pack
Fruit cocktail, canned, water pack
Fruit leather
Fruit spread, assorted flavors
Garlic, raw
Grape drink, canned
Grape juice, canned or bottled
Grapefruit juice, canned
Grapefruit, raw
Gravy, beef, canned
Gravy, chicken, canned
Gravy, turkey, canned
Grits, cooked
grits, corn, uncooked, cooked
Ham, chopped, not canned
ham, roasted or pan-broiled
Ham, sliced, extra lean
Hamburger, 2-4 oz
Hamburger, 2-4 oz, with cheese
HEALTHY CHOICE beef macaroni, frozen
Honey
Honeydew melon
Horse meat
Horseradish, prepared
Hot dogs, all beef, regular fat, cooked
Hot dogs, all beef, regular fat, uncooked
Hot dogs, chicken, regular fat, cooked
Hot dogs, chicken, regular fat, uncooked
Ice creams, chocolate
Ice creams, French vanilla, soft serve
Ice creams, vanilla
Ice creams, vanilla, rich
Fast foods, soft ice milk with cone
Figs, dried
Fish, cod, canned
Fish, flatfish flounder or sole
Fish, haddock, pan cooked
fish, halibut, raw, Alaska wild
Fish, herring, pickled
fish, orange roughly fillet, raw or baked
Fish, pollock, walleye, cooked
Fish, portions and sticks, frozen
Fish, red mullet
Fish, rock-fish, cooked
Fish, salmon, chinook, smoked
fish, salmon, raw, (Coho, Sockeye, Chum, King)
Lemonade, frozen concentrate
Lettuce, butter head
Lima beans, frozen, boiled
Lima beans, large beans, boiled
Lime juice, canned or bottled
Lime juice, canned or bottled
Lime juice, canned or bottled
Macaroni and cheese, boxed, dry powder, cooked
Macaroni and cheese, boxed, prepared sauce
Macaroni and cheese, canned, cooked
Macaroni, cooked
Mackerel, Atlantic, raw
Malted drink mix, added nutrients
Malted drink mix, chocolate
Mangos, raw
Mangos, raw
Margarine-like spread, 40% fat
Meatloaf
Melons, cantaloupe
Melons, honeydew
Melons, watermelon
Milk shake, thick chocolate
Milk shake, thick vanalla
Milk, 1% low fat, added vitamin A
Milk, 2% low fat, added vitamin A
Milk, buttermilk, fluid
Milk, buttermilk, dried
milk, chocolate, 2%
Milk, chocolate, low fat
Milk, chocolate, reduced fat
Milk, condensed
Milk, dry, whole
Milk, evaporated
Milk, skim
Milk, soy
Milk, whole (3.25% fat)
Milk, whole (3.3% fat)
Millet, uncooked
Mushroom, soup, canned
Mushrooms, boiled
Mushrooms, raw
Mushrooms, shiitake, cooked
Mustard, yellow
Navy beans, raw
Nectarines

Low Vitamin K Content Foods (0 - 9 micrograms)

Ice novelties, flavored ice pops
James and preserves
Jellies
Kohlrabi, boiled
Lamb, leg
Lamb, loin, broiled
Lard
Lasagna, frozen, cheese, no meat, no veg, cooked
Lasagna, frozen, cheese, no meat, no veg, uncooked
Lasagna, frozen, meat, lower fat, uncooked
Lasagna, frozen, meat, uncooked
Lemon juice, canned or bottled
Lemon juice, raw
Lemon peel, raw
Nuts, walnuts
Oat bran, raw
Octopus, common, raw
Oil, almond
Oil, corn
Oil, olive
Oil, peanut, salad or cooking
Oil, safflower
Oil, sesame
Oil, sunflower
Oil, walnut
Olives, canned
Onions, dehydrated flakes
Onions, raw
Orange juice
Orange juice, frozen concentrate
Oyster, Eastern, wild, raw
Pacific saury, raw
pancakes, buttermilk, (prepared from mix)
Pancakes, frozen, plain
Papayas, raw
Parsnips, raw
Pasta, elbow macaroni
Pasta, spaghetti, unprepared and cooked
Peach, single
Peaches, canned, heavy syrup
Peaches, canned, juice pack
Peaches, dried, uncooked
Peaches, frozen, sliced
Peanut Butter, chunk style
Peanut Butter, smooth style
Peanuts, all types, oil roasted
Peanuts, raw
Pears, bartlett
Pears, bosc
Pears, canned, heavy syrup
Pears, canned, water pack
Pears, green anjou
Pears, red anjou
Peas, split, boiled
Peppers, green, raw
Peppers, hot chili, green, raw
Peppers, hot chili, red, raw
Peppers, jalapeno, canned
Peppers, red, raw
Noodles, Chinese, chow mein
Noodles, egg, cooked
Ntchos
Nuts, almonds
Nuts, Brazilian
Nuts, cashew, dry roasted
Nuts, cashew, oil roasted
Nuts, coconut meat, dried
Nuts, hazelnuts or filberts
Nuts, macadamia, dry roasted
Nuts, mixed with peanuts
Nuts, mixed, oil roasted with peanuts
Nuts, peanuts
Nuts, pecans
Pizza, cheese, take out
Pizza, frozen, cheese, regular thin crust, cooked
Pizza, frozen, cheese, rising crust, uncooked
Pizza, frozen, meat and vegetable, cooked
Pizza, pepperoni, sausage, cooked
Plantain, cooked
Plums, raw
Pomegranate, wonderful juice
Popcorn, air-popped
Popcorn, caramel-coated
Popcorn, oil-popped
Pork and beef sausage, cooked
Pork sausage, cooked
Pork skins
Pork, cured bacon, pan fried
Pork, cured ham
Pork, cured, canadian-style bacon
Pork, fresh leg, bone in
pork, loin, raw, pan-broiled, braised
Pork, spareribs
Potato chips, light
Potato chips, plain
Potato chips, salted
Potato puffs
Potatoes, baked with skin
Potatoes, fresh, raw
Potatoes, hashed brown, frozen prepared
Potatoes, hashed brown, homemade
Potatoes, mashed, prepared with flakes
Potatoes, red, cooked
Potatoes, red, raw
Potatoes, russet, cooked
Potatoes, russet, raw
Potatoes, skin, baked
Potatoes, white, raw
Potatoes, with skin, baked
Powerbar
Pretzels, hard
Prune juice, bottled
Prune juice, canned
Prunes, dried
Puddings, chocolate, ready to eat
Puddings, tapioca, ready to eat
Puddings, vanilla ready to eat
Puffed rice

Low Vitamin K Content Foods (0 - 9 micrograms)

Pickle relish, sweet
Pickles, sweet cucumber
Pie fillings, apple, canned
Pie, apple, commercially prepared
Pie, cherry, commercially prepared
Pie, fruit
Pie, lemon meringue, commercially prepared
Pie, pecan, commercially prepared
Pie, pumpkin, commercially prepared
Pimento, canned
Pineapple and grapefruit drink
Pineapple juice, canned
Pineapple, canned, heavy syrup
Pineapple, canned, juice pack
Rice, wild, cooked
Rolls, dinner, plain
Rolls, hamburger or hotdog
Rolls, hard
Rutabagas, boiled
Sake
Sake
Salad dressing , French, reduced fat
Salad dressing , Italian, reduced fat
Salad dressing, French, fat-free
Salad dressing, Italian commercial
Salad dressing, Italian, fat-free
Salad dressing, italian, lite
Salad dressing, mayonnaise , soybean oil
Salad dressing, ranch, fat-free
Salad dressing, thousand island, fat-free
Salad dressing, thousand island, reduced fat
Salami, dry, pork and beef
Salami, dry, pork, beef
Salmon, pink, raw
Salsa, bottled
Salt, table
Sandwich spread, pork, beef
Sardine, raw
Sauce, barbecue
Sauce, hoisin, ready-to-serve
Sauce, pepper or hot
Sauce, salsa
Sauce, teriyaki
sausage and cheese
sausage and egg
sausage, egg, cheese
Sausage, vienna, canned, chicken, beef, pork
Seaweed, kelp, raw
Seaweed, laver, green
Seeds, sesame
Seeds, sunflower
Semolina
Sesame seeds, dried
Shake, fast food chocolate
Shake, fast food vanilla
Sherbet, orange
Shortening, soybean, cottonseed
shrimp, cooked or canned
Shrimp, mixed species, raw
Puffed wheat, plain
Quarter-pounder
Quarter-pounder w/cheese
Rabbit
Radishes, raw
Raisins, seedless
Raspberries, raw
Red Bell Peppers
Refried beans, canned
Rice cake, brown rice, plain
Rice cakes, brown rice
Rice, brown long grained, cooked
Rice, white, long grained, cooked
Rice, white, long grained, dry
Soup, ramen noodle, beef flavor, dry
Soup, ramen noodle, chicken flavor, dry
Soup, tomato w/milk
Soup, tomato w/water
Soup, tomato, condensed
Soup, vegetable beef w/water
Soup, vegetarian vegetable
Sour cream, cultured
Sour dressing, non-butterfat
Spaghetti sauce, meat-based
Spaghetti, canned, no meat, cooked
Spaghetti, canned, no meat, uncooked
Spaghetti, canned, with meat, uncooked
Spaghetti, dry
Spaghetti, whole-wheat, cooked
Spaghetti, with meat sauce frozen entrée
Spices, black pepper
Spices, celery seed
Spices, chili powder
Spices, cinnamon, ground
Spices, curry powder
Spices, garlic powder
Spices, onion powder
Spices, oregano, dried
Spices, paprika
Spinach stalk, raw
Squash, summer, all varieties, raw
Squash, summer, boiled
Squash, winter, all varieties, baked
Squid, mixed, raw
Strawberries, raw
Strawberries, frozen, sweetened
Strawberries, raw
Suckers, any flavor
Sugars, brown
Sugars, granulated
Sugars, powdered
Sweet potatoes, baked in skin
Sweet potatoes, canned
Sweet potatoes, raw
Sweet rolls, cinnamon w/raisins, commercial
Syrups, chocolate, fudge-type
Syrups, corn, light
Syrups, maple
Syrups, table blend, pancake

Low Vitamin K Content Foods (0 - 9 micrograms)

Soup, bean with pork
Soup, beef broth, bullion
Soup, beef noodle canned
Soup, chicken noodle, canned ready to serve
Soup, chicken noodle, dehydrated
Soup, chicken with rice
Soup, clam chowder, Manhattan
Soup, clam chowder, New England
Soup, cream of chicken, condensed
Soup, cream of mushroom
Soup, cream of mushroom, condensed
Soup, fish stock
Soup, onion, dry
Soup, pea, green
Tomato puree
Tomato sauce, canned
Tomato, cherry
Tomato, red, ripe
Tomato, red, ripe
Tomato, whole, canned
Tomatoes ripe, raw
Tomatoes, sun-dried
Top shell, raw
Tortilla chips
Tortilla, ready-to-bake or fry, corn
Tortilla, ready-to-bake or fry, flour
Total cereal
Tuna, bluefin, raw
Tuna, chunk light, water
Tuna, yellowfin, mixed species, raw
Turkey meat, raw
Turkey pot pie, cooked
Turkey, giblets
Taco shells, baked
Taco with chicken
Tangerine juice, canned
Tangerine, mandarin oranges
Tapioca
Tea, brewed
Tea, chamomile
Tea, decaffeinated, brewed
Tea, instant
Toaster pastries, fruit: apple, blueberry, cherry
toaster pastries, strawberry, frosted and plain
Tofu, regular, raw
Tomatillos, raw
Tomato juice, canned
Turkey, neck, meat only, simmered
Turkey, roasted, light and dark meat
Turnips, raw
V8 juice
Vanilla extract
Veal, leg, braised
Vinegar, cider
Waffles, plain, frozen
waffles, regular
Water chestnuts, Chinese, canned
Watermelon
Whisky
Wine, table
Yeast, active, dry
Yogurt, fruit, low fat, 10 grams protein
Yogurt, low fat plain, 12 grams protein
Yogurt, plain, skim milk, 13 grams protein
Yogurt, plain, whole milk, 8 grams protein