

# HIGH VITAMIN K1 FOODS



spinach  
570 mcg/100 g serve



kale  
300 mcg/45 g serve



broccoli  
170 mcg/100 g serve



lettuce  
100 mcg/71 g serve



asparagus  
50 mcg/85 g serve



natto  
30 mcg/100 g serve



celery  
30 mcg/77 g serve



prunes  
30 mcg/43 g serve



cauliflower  
20 mcg/115 g serve



avocado  
20 mcg/88 g serve



cucumber  
20 mcg/80 serve



grapes  
10 mcg/93 g serve

# Vitamin K

**Michal Rosen-Zvi**



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