



Vitamin K

What it Does

- Blood clotting
- Heart health
- Bone health

Food Sources

- Green vegetables
- Vegetable oils



Recommendations

- Consume one serving green vegetables daily to provide vitamin K
- A serving is ½ cup cooked vegetables or 1 cup raw leafy greens
- If you take blood thinners (e.g. Coumadin, warfarin), then:
 - Eat the same amount of green vegetables each day
 - Use multivitamins marketed to older people that usually have moderate amounts of vitamin K
 - Don't completely avoid vitamin K, which may cause vitamin K deficiency and/or a high sensitivity to vitamin K-containing foods and supplements