

List of Foods High in Vitamin K

Vegetables High in Vitamin K

- Alfalfa
- Amaranth leaves
- Beet greens
- Brussels sprouts
- Chard
- Collards
- Kale
- Mustard greens
- Sea kelp
- Spinach
- Turnip greens

Dried Spices

- Basil
- Celery flakes
- Coriander
- Marjoram
- Oregano
- Parsley
- Sage
- Thyme

Additional Good Sources Vitamin K

- Asparagus
- [Broccoli](#)
- Cabbage
- Dandelion greens
- Endive
- Lettuce
- Okra
- Onions
- Peas
- Parsley
- Sauerkrauts

Other Foods Containing Vitamin K

- Bread crumbs
- Enriched egg noodles
- Fish oils
- Liver
- Milk
- Plums
- Prunes
- Soya bean
- Yogurt