

# VITAMIN K<sub>1</sub> (PHYLLOQUINONE) CONTENT OF COMMON FOODS

## Contents

### Food Category

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#### References:

Booth SL, Madabushi HT, Davidson KW, *et al.* Tea and coffee brews are not dietary sources of vitamin K<sub>1</sub> (phylloquinone). *J Am Diet Assoc*\* 1995;95:82-83

Booth SL, Sadowski JA, Pennington JAT. Phylloquinone (Vitamin K<sub>1</sub>) content of foods in the U.S. Food and Drug Administration's Total Diet Study. *J Agric Food Chem* 1995;43:1574-1579.

Booth SL, Sadowski JA, Weihrauch JL, Ferland G, Phylloquinone (Vitamin K<sub>1</sub>) content of foods: A provisional table. *J Food Comp Anal* 1993;6:109-120.

Pennington JA, Church HN: *Food Values of Portions Commonly Used. 16th Edition.* J.P. Lippincott Company. 1994.

## A. FRUITS

| Food Name                             | Estimated Portion Size Equivalent to 100 grams † | Mean Vitamin K <sub>1</sub> Content (µg/100 gm) ‡ |
|---------------------------------------|--|---|
| Apple Green peel                      | N/A  | 60*   |
| Red peel                              | N/A  | 20*   |
| Apple, red, raw                       | 1 medium   | 1.8   |
| Applesauce, bottled                   | ½ cup  | 0.6   |
| Apricot, raw                          | 3 medium   | 3.3   |
| Avocado, raw                          | 1 small  | 14  |
| Banana, raw                           | 1 medium   | 0.2   |
| Blueberries, canned                   | ½ cup  | 6*  |
| Cantaloupe, raw                       | 2/3 cup  | 0.4   |
| Cherries, sweet, raw                  | 15 cherries                                      | 1.5   |
| Cranberry sauce                       | 1/3 cup  | 1*  |
| Fruit cocktail, canned in heavy syrup | ½ cup  | 2.6   |
| Grapefruit, raw                       | ½ medium   | <0.01   |
| Grapes, red/green. Seedless, raw      | 1 cup  | 8.3   |
| Kiwi fruit                            | 1 ¼ medium                                       | 25*   |
| Lemon, fresh                          | 2 medium   | 0.2*  |
| Orange, raw                           | ¾ medium   | <0.01   |
| Peach, raw                            | 1 medium   | 2.1   |
| Pear, canned in light syrup           | ½ cup  | 0.2   |
| Pear, raw                             | ¾ pear   | 4.9   |
| Pineapple, canned in juice            | 1/3 cup pieces                                   | 0.3   |
| Pineapple, fresh                      | ½ cup, pieces                                    | 0.1*  |
| Plums, raw                            | 1 ½ medium                                       | 8.2   |
| Prunes, dried                         | 12 prunes  | 1.4   |
| Pumpkin, canned                       | ½ cup  | 16*   |
| Raisins, dried                        | 2/3 cup  | 1.7   |
| Strawberries, raw                     | 2/3 cup  | 1.5   |
| Watermelon, raw                       | 2/3 cup  | 0.2   |

† Calculated based on estimated portions to equal 100 gm. from Pennington JA, Church HN: *Food Values of Portions Commonly Used*. 16<sup>th</sup> Edition, J.P. Lippincott Company, 1994.

‡ Booth SL, Sadowski JA, Pennington JAT. Phylloquinone (Vitamin K<sub>1</sub>) content of foods in the U.S. Food and Drug Administration's Total Diet Study. *J Agric Food Chem* 1995;43:1574-1579.

\* Booth SL, Sadowski JA, Weihrauch JL, Ferland G. Vitamin K<sub>1</sub> [Phylloquinone] content of foods: A provisional table. *J Food Comp Anal* 1993;6:109-120

# Booth SL, Madabushi HT, Davidson KW, *et al.* Tea and coffee brews are not dietary sources of vitamin K<sub>1</sub> [phylloquinone]. *J Am Diet Assoc* 1995;95:82-83.

N/A Not available

**B. MILK & CHEESE**

| <b>Food Name</b>                                 | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K<sub>1</sub> Content (µg/100 gm) ‡</b> |
|--|---|---|
| Cheese, American processed                       | 3.5 oz.   | 1.6   |
| Cheese, cheddar                                  | 3.5 oz.   | 2.1   |
| Cheese, cottage, 4% milk fat                     | 3.5 round Tbsp.   | 0.4   |
| Cheese, cream                                    | 7 Tbsp.   | 2.9   |
| Cheese, Swiss                                    | 3.5 oz.   | 2.8   |
| Cream, sour                                      | 8 Tbsp.   | 1*  |
| Milk, Chocolate, fluid                           | 3 fl. oz.   | 0.2   |
| Milk, evaporated, canned                         | 3 fl. oz.   | 1.6   |
| Milk, low fat (2%) chocolate                     | 3 fl. oz.   | 0.4*  |
| Milk, low fat (2% fat). fluid                    | 3 fl. oz.   | 0.2   |
| Milk, skim. fluid                                | 3 fl. oz.   | 0.01  |
| Milk, whole (dry)                                | ¾ cup   | 2*  |
| Milk, whole, fluid                               | 3 fl. oz.   | 0.3   |
| Yogurt, fruit-flavored, low fat (fruit mixed in) | 3.5 fl. oz  | 3.0   |
| Yogurt, plain, low fat                           | 3.5 fl. oz  | 0.1   |

**C. EGGS**

| <b>Food Name</b> | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K<sub>1</sub> Content (µg/100 gm) ‡</b> |
|------------------|---|---|
| Eggs, boiled     | 2 (large)   | 0.3   |
| Eggs, fried      | 2 (large)   | 6.9   |
| Eggs, scrambled  | 2 (large)   | 12  |

**D. NUTS**

| <b>Food Name</b>                     | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K<sub>1</sub> Content (µg/100 gm) ‡</b> |
|--------------------------------------|---|---|
| Nuts, mixed, no peanuts, dry roasted | 3.5 oz.   | 13  |
| Peanut butter, smooth                | 6 Tbsp.   | 0.3   |
| Peanut, dry, roasted                 | 3.5 oz.   | 0.3   |
| Peanut, raw                          | 3.5 oz.   | 0.2*  |
| Pecan, dry                           | 3.5 oz.   | 10*   |
| Pistachio nut                        | 3.5 oz.   | 70*   |

**E. MEAT, POULTRY, AND FISH**

| <b>Food Name</b>  | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K<sub>1</sub> Content (µg/100 gm) ‡</b> |
|---|---|---|
| Abalone   | 3.5 oz  | 23*   |
| Beef, chuck roast, baked                                | 3.5 oz  | 0.7   |
| Beef, ground, pan-cooked                                | 3.5 oz  | 2.4   |
| Beef, steak, loin, pan-cooked                           | 3.5 oz  | 1.8   |
| Bologna, sliced   | 4 slices  | 0.3   |
| Bream, butterfly  | 3.5 oz  | 0.2*  |
| Chicken breast, roasted                                 | 3.5 oz  | <0.01   |
| Chicken nuggets, fast food                              | 5 nuggets   | 1.5   |
| Chicken, fried (breast, leg, and thigh), fast food      | 1 piece   | 1.3   |
| Chicken, fried (breast, leg, and thigh), homemade       | 1 piece   | 4.5   |
| Clam  | 5 large   | 0.2*  |
| Eel   | 3.5 oz  | 0.02*   |
| Fish sticks, frozen, heated<br>(1 stick = 4"x 2"x 1/2") | 3.5 sticks  | 6.8   |
| Frankfurters, beef, boiled                              | 2 franks  | 1.8   |
| Haddock, pan-cooked                                     | 3.5 oz  | 5.2   |
| Ham luncheon meat, sliced                               | 5 slices  | <0.01   |
| Ham, baked  | 3.5 oz  | <0.01   |
| Lamb chop, pan-cooked                                   | 3.5 oz  | 4.6   |
| Liver, beef, fired                                      | 3.5 oz  | 2.7   |
| Mackerel  | 3.5 oz  | 5*  |
| Octopus   | 3.5 oz  | 0.07  |
| Oyster  | 7 medium  | 0.1*  |
| Pork bacon, pan-cooked                                  | 16 medium slices  | 0.1   |
| Pork chop, pan-cooked                                   | 3.5 oz  | 3.1   |
| Pork roast, baked                                       | 3.5 oz  | <0.01   |
| Pork sausage, pan-cooked                                | 7 ½ links or 3 ½ patties                                | 3.4   |
| Prawn   | 3.5 oz  | 0.03*   |
| Salami, sliced  | 4 slices  | 1.3   |
| Salmon, pink  | 3.5 oz  | 0.4*  |
| Sardines  | 3.5 oz  | 0.09*   |
| Saury, Pacific  | 3.5 oz  | 0.02*   |
| Shrimp, boiled  | N/A   | <0.01   |
| Squid   | 3.5 oz  | 0.02*   |
| Tuna, bluefin   | 3.5 oz  | 0.03*   |
| Tuna, canned in oil, drained                            | 3.5 oz  | 24  |
| Turkey breast, roasted                                  | 3.5 oz  | <0.01   |
| Veal cutlet, pan-cooked                                 | 3.5 oz  | 6.6   |
| Yellowtail, young                                       | 3.5 oz  | 0.08*   |

**F. GRAIN PRODUCTS**

| <b>Food Name</b>                                | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K<sub>1</sub> Content (µg/100 gm) ‡</b> |
|---|---|---|
| Bagel, plain                                    | 2 bagels  | 0.4   |
| Biscuit, from refrigerated dough, baked         | 3 ½ biscuits  | 4.6   |
| Bread, corn homemade                            | 1 piece   | 7.4   |
| Bread, cracked wheat                            | 4 slices  | 3.5   |
| Bread, rye                                      | 4 slices  | 3.0   |
| Bread, white                                    | 4 slices  | 1.9   |
| Bread, white roll                               | 3 ½ rolls   | 2.1   |
| Bread, whole wheat                              | 4 slices  | 3.4   |
| Cereal, bran, raisin                            | 3.5 oz  | 1.6   |
| Cereal, Fruit-flavored, sweetened               | 3.5 oz  | 0.2   |
| Cereal, granola                                 | 3.5 oz  | 1.8   |
| Cereal, oat ring                                | 3.5 oz  | 0.8   |
| Cereal, shredded wheat                          | 3.5 oz  | 1.5   |
| Cereal, wheat, farina, quick (1-3 min.), cooked | ½ cup   | 0.06  |
| Cereal, crisped rice                            | 3 ½. Cups   | <0.01   |
| Corn grits, regular, cooked                     | ½ cup   | <0.01   |
| Cornflakes                                      | 3.5 oz  | 0.03  |
| Crackers, graham                                | 14 crackers   | 8.9   |
| Crackers, saltine                               | 33 crackers   | 3.6   |
| Crackers, butter-type                           | 28 crackers   | 13.1  |
| Egg noodles, boiled                             | ¾ cup   | 0.09  |
| Flour Barley                                    | N/A   | 1*  |
| Buckwheat                                       | ¾ cup   | 7*  |
| Rice  | 2/3 cup   | 0.04*   |
| Wheat   | ¾ cup   | 0.6*  |
| Macaroni, boiled                                | ¾ cup   | 0.05  |
| Muffin, blueberry, commercial                   | 2 ½ muffins   | 25  |
| Muffin, English, plain, toasted                 | 2 muffins   | 0.3   |
| Oatmeal, quick (1-3 min.) cooked                | ½ cup   | 0.4   |
| Pancakes from mix                               | Three 4" pancakes                                       | 6.5   |
| Rice cake                                       | 20 rice cakes   | 0.6*  |
| Rice, white cooked                              | ½ cup   | <0.01   |
| Sesame seed, dry                                | 11 Tbsp.  | 8*  |
| Spaghetti, dry                                  | 3.5 oz  | 0.02*   |
| Tortilla, flour                                 | 3 tortillas   | 3.1   |

**G. VEGETABLES**

| <b>Food Name</b>                       | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K1 Content (µg/100 gm) ‡</b> |
|--|---|--|
| Algae Green laver                      | 3.5 oz  | 4*   |
| Purple laver                           | 3.5 oz  | 1385*  |
| Konbu                                  | N/A   | 66*  |
| Hijiki                                 | N/A   | 327*   |
| Amaranth, raw leaf                     | N/A   | 1140*  |
| Artichoke, globe                       | 1/3 medium  | 14*  |
| Asatsuki, leaf                         | N/A   | 190*   |
| Ashitaba, leaf                         | N/A   | 590*   |
| Asparagus, fresh/frozen, boiled        | 7 spears  | 80   |
| Basella, raw leaf                      | N/A   | 160*   |
| Beans, green, fresh/frozen, boiled     | ¾ cup   | 16   |
| Beans, kidney, dry, boiled             | ½ cup   | 8.4  |
| Beans, lima, immature, frozen, boiled  | ½ cup   | 5.1  |
| Beans, pinto, dry, boiled              | ½ cup   | 3.7  |
| Beets, fresh/frozen, boiled            | ½ cup   | 1.2  |
| Bell tree dahlia Raw leaf              | N/A   | 630*   |
| Cooked leaf                            | N/A   | 1110*  |
| Broccoli, fresh/frozen, boiled         | ½ cup   | 113  |
| Brussels sprouts, fresh/frozen, boiled | 5 sprouts   | 289  |
| Cabbage, fresh, boiled                 | 2/3 cup   | 98   |
| Carrot, fresh, boiled                  | 2/3 cup   | 15   |
| Cauliflower, fresh/frozen, boiled      | ½ cup pieces  | 20   |
| Celery, raw                            | 2.5 stalks  | 32   |
| Chard, Swiss, raw leaf                 | N/A   | 830*   |
| Chingentsuai, raw green                | N/A   | 120*   |
| Chive, raw                             | 33 Tbsp., chopped                                       | 190*   |
| Chrysanthemum, garland                 | 1 cup, pieces boiled                                    | 350*   |
| Coleslaw with dressing, homemade       | ¾ cup   | 100  |
| Collards, fresh/frozen, boiled         | ½ cup   | 440  |
| Coriander, Raw leaf                    | 6 ¼ cups  | 310*   |
| Cooked leaf                            | N/A   | 1510*  |
| Corn, cream style, canned              | 1/3 cup   | 0.03   |
| Corn, fresh/frozen, boiled             | 2/3 cup   | 0.3  |
| Cucumber, raw                          | 1 cup slices  | 2.2  |
| Eggplant, fresh, boiled                | 1 cup pieces  | 2.9  |
| Endive, Raw                            | 2 cups, chopped   | 231*   |
| French Fries, fast food                | 20 pieces   | 4.4  |
| French Fries, frozen, heated           | 3.5 oz  | 7.1  |
| Fungi Shitake, raw                     | 5 mushrooms   | 0*   |
| Shimeji                                | N/A   | 0*   |
| Nameko                                 | N/A   | 0*   |
| Kaiwaredaikon, raw leaf                | N/A   | 80*  |

|   |                     |      |
|---|---------------------|------|
| Kale, raw leaf                              | N/A                 | 817* |
| Komatsuna, raw leaf                         | N/A                 | 280* |
| Leek, raw                                   | 1 cup, chopped      | 14*  |
| Lettuce Raw, heading and bib                | N/A                 | 122* |
| Red, leaf                                   | N/A                 | 210* |
| Lettuce, Iceberg, raw                       | 5 leaves            | 31   |
| Malabar gourd, raw leaf                     | N/A                 | 22*  |
| Mushrooms, raw                              | 1 1/3 cup, pieces   | 0.06 |
| Okra, fresh/frozen, boiled                  | 1/2 cup, slices     | 40   |
| Onion, green scallion, raw                  | 2/3 cup, chopped    | 207* |
| Onion, mature, raw                          | 2/3 cup, chopped    | 0.3  |
| Osh, raw leaf                               | N/A                 | 310* |
| Parsley Raw leaf                            | 1 1/2 cups, chopped | 540* |
| Cooked leaf                                 | 1 1/2 cups, chopped | 900* |
| Parsnip                                     | N/A                 | 1*   |
| Peas, green, fresh/frozen, boiled           | 1/2 cup             | 24   |
| Peas, mature, dry, boiled                   | 2/3 cup             | 5    |
| Pepper, green, raw                          | 1 cup, chopped      | 2.5  |
| Perilla, raw leaf                           | N/A                 | 650* |
| Potato, raw                                 | 1 potato            | 0.8* |
| Potato, white, baked with skin              | 1/2 potato          | 1.1  |
| Potato, white, boiled without skin          | 2/3 potato          | 0.3  |
| Potatoes, mashed, from flakes               | 1/2 cup             | 5.1  |
| Potatoes, scalloped, homemade               | 1/2 cup             | 3.3  |
| Purslane, raw                               | N/A                 | 381* |
| Radish, raw                                 | 1 cup, slices       | 0.4  |
| Rootish Raw leaf                            | N/A                 | 290* |
| Cooked leaf                                 | N/A                 | 420* |
| Samat Raw leaf                              | N/A                 | 350* |
| Cooked leaf                                 | N/A                 | 960* |
| Sauerkraut, canned                          | 1/2 cup             | 13   |
| Spinach, fresh/frozen, boiled               | 1/2 cup             | 360  |
| Squash, summer, fresh/frozen, boiled        | 1/2 cup, slices     | 4.4  |
| Squash, summer, peel only                   | N/A                 | 80*  |
| Squash, winter, fresh/frozen, baked, mashed | 1/2 cup             | 1.1  |
| Sweet potato, canned                        | 1 cup               | 4*   |
| Sweet potato, fresh, baked                  | 1 potato            | 2.4  |
| Tofu  | 1/2 cup             | 2*   |
| Tomato sauce, plain, bottled                | 1/2 cup             | 2.9  |
| Tomato, red, raw                            | 1 tomato            | 3    |
| Tomato, stewed, canned                      | 1/2 cup             | 2.4  |
| Toumyao (Chinese)                           | N/A                 | 380* |
| Turnip, fresh/frozen, boiled                | 3.5 oz              | 0.07 |
| Tziton, raw leaf                            | N/A                 | 250* |
| Vegetables, mixed, frozen, boiled           | 1/2 cup             | 19   |
| Watercress, raw                             | 3 cups              | 250* |

**H. SNACKS**

| <b>Food Name</b>                 | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K1 Content (µg/100 gm) ‡</b> |
|----------------------------------|---|--|
| Chips, corn                      | 3.5 oz  | 7.3  |
| Chips, potato                    | 3.5 oz  | 15   |
| Popcorn, popped in oil           | 9 cups  | 20   |
| Pretzel, hard, salted, any shape | 3.5 oz  | 2.9  |

**I. CONDIMENTS & SWEETENERS**

| <b>Food Name</b>                 | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K1 Content (µg/100 gm) ‡</b> |
|----------------------------------|---|--|
| Catsup, tomato                   | 7 Tbsp  | 3.6  |
| Honey                            | 5 Tbsp  | <0.01  |
| Jelly, any flavor                | 5 Tbsp  | 12   |
| Mustard, yellow                  | 7 Tbsp  | 2.2  |
| Olives, black                    | 23 large  | 1.4  |
| Pickles, dill cucumber           | 1.5 large (3 ¾" long, 1 ¼" diameter)                    | 13   |
| Pickles, sweet cucumber          | 3 large (3" long, ¾" diameter)                          | 23   |
| Sugar, white, granulated         | ½ cup   | <0.01  |
| Syrup, chocolate dessert topping | 5 Tbsp  | 0.2  |
| Syrup, pancake                   | 5 Tbsp  | <0.01  |



**J. MIXED DISHES & MEALS**

| <b>Food Name</b>  | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K1 Content (µg/100 gm) ‡</b> |
|---|---|--|
| Beef chow mein, from Chinese carryout                     | 1/3 cup   | 31   |
| Beef stew w/potatoes, carrots, onion, homemade            | 1/3 cup   | 4.8  |
| Beef stroganoff, homemade                                 | 3.5 oz  | 1.7  |
| Cheeseburger, quarter-pound on bun, fast food             | ½ sandwich  | 4.1  |
| Chicken pot pie, frozen, heated                           | 3.5 oz  | 2.7  |
| Chili con carne w/ beans, homemade                        | 3.5 oz  | 4.7  |
| Chowder, clam, New England, canned, condensed             | 1/3 cup   | 0.3  |
| English muffin, egg, cheese, and ham, fast food           | 1 muffin  | 3.7  |
| Fish sandwich on bun, fast food                           | 2/3 sandwich  | 17   |
| Frankfurter on bun, fast food                             | 1 frankfurter   | 4.4  |
| Hamburger, quarter-pound on bun, fast food                | 2/3 sandwich  | 3.8  |
| Lasagna with meat, homemade                               | 3.5 oz  | 5.3  |
| Macaroni and cheese, from box mix                         | 1/3 cup   | 5.3  |
| Meatloaf, homemade  | 3.5 oz  | 12   |
| Peppers, green, stuffed w/beef and rice, homemade         | ½ stuffed pepper  | 7.4  |
| Pizza, cheese and pepperoni, regular crust, from carryout | 1/8 of 12" pizza  | 3.8  |
| Pizza, cheese, regular crust, from carryout               | ¼ of 12" pizza  | 4.2  |
| Pork and Beans, canned                                    | 1/3 cup   | 1.1  |
| Soup, bean with bacon/pork, canned, condensed             | 3.5 oz  | 0.9  |
| Soup, chicken noodle, canned condensed                    | 3.5 oz  | 0.1  |
| Soup, mushroom, canned, condensed                         | 3.5 oz  | 2.0  |
| Soup, tomato, canned, condensed                           | 3.5 oz  | 1.5  |
| Soup, vegetable beef, canned, condensed                   | 3.5 oz  | 0.6  |
| Spaghetti with tomato sauce and meatballs, homemade       | 1/3 cup   | 5.7  |
| Spaghetti with tomato sauce, canned                       | 1/3 cup   | 0.7  |
| Steak, Salisbury, Gravy, frozen meal                      | 3.5 oz  | 2.3  |
| Taco/tostada, from Mexican carryout                       | ½ taco/tostada  | 16   |
| Tuna noodle casserole, homemade                           | 3.5 oz  | 20   |
| Turkey with gravy, frozen meal                            | 3.5 oz  | 5.3  |

**K. FATS & DRESSINGS**

| <b>Food Name</b>                     | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K1 Content (µg/100 gm) ‡</b> |
|--------------------------------------|---|--|
| Butter, regular [salted]             | 7 Tbsp  | 7.0  |
| Cream substitute, frozen             | 3.5 fl. oz  | 5.7  |
| Cream, sour                          | 8 Tbsp  | 1  |
| Gravy, brown, homemade               | 3.5 oz  | 0.3  |
| Half and half                        | 7 Tbsp  | 1.3  |
| Margarine, stick, regular            | 7 Tbsp  | 33   |
| Mayonnaise, regular, bottled         | 7 Tbsp  | 41   |
| Oils                                 |   |  |
| Almond                               | 7 Tbsp  | 7*   |
| Canola [Rapeseed]                    | 7 Tbsp  | 141*   |
| Corn                                 | 7 Tbsp  | 3*   |
| Olive/Safflower                      | 7 Tbsp  | 28   |
| Peanut                               | 7 Tbsp  | 0.7*   |
| Salad                                | 7 Tbsp  | 148*   |
| Sesame                               | 7 Tbsp  | 10*  |
| Soybean                              | 7 Tbsp  | 193*   |
| Sunflower                            | 7 Tbsp  | 9*   |
| Walnut                               | 7 Tbsp  | 15*  |
| Salad dressing, French, regular      | 7 Tbsp  | 51   |
| Salad dressing, Italian, low calorie | 7 Tbsp  | 2.9  |
| Sauce, white, homemade               | 3.5 oz  | 6.9  |

**L. DESSERTS**

| <b>Food Name</b>                                | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K<sub>1</sub> Content (µg/100 gm) ‡</b> |
|---|---|---|
| Brownies, commercial                            | 5 brownies (3x1x7/8")                                   | 14  |
| Cake doughnuts w/ icing, any flavor             | 3 doughnuts   | 9.8   |
| Cake, chocolate, w/ chocolate icing, commercial | 2 pieces  | 13  |
| Cake, snack, chocolate, w/ chocolate icing      | 3.5 oz  | 5.7   |
| Cake, yellow, w/ white icing                    | 1 piece   | 8.5   |
| Candy bar, milk chocolate, plain                | 3.5 oz  | 0.4   |
| Candy, caramel                                  | 13 pieces   | 1.7   |
| Cookies, chocolate chip, commercial             | 8 cookies   | 10  |
| Cookies, sandwich w/ crème filling, commercial  | 10 cookies  | 8.7   |
| Cookies, sugar, commercial                      | 6 cookies   | 11  |
| Danish, sweet roll/, commercial                 | 2 rolls   | 11  |
| Gelatin dessert, any flavor                     | 1/3 cup   | 0.02  |
| Ice cream, vanilla                              | 3/4 cup   | 0.3   |
| Milkshake, chocolate, fast food                 | 3.5 fl oz   | 0.2   |
| Pie, apple, fresh/frozen, commercial            | 1/8 pie   | 11  |
| Pie, pumpkin, fresh/frozen, commercial          | 1/8 pie   | 10  |
| Popsicle, any flavor                            | 3.5 fl oz bar   | <0.01   |
| Pudding, chocolate, from instant mix            | 1/3 cup   | 0.4   |
| Sherbet, fruit flavor                           | 1/2 cup   | 0.3   |
| Suckers, any flavor                             | 17 lollipops  | <0.01   |

**M. BEVERAGES**

| <b>Food Name</b>                           | <b>Estimated Portion Size Equivalent to 100 grams †</b> | <b>Mean Vitamin K<sub>1</sub> Content (µg/100 gm) ‡</b> |
|--|---|---|
| Beer                                       | 3.5 fl oz   | <0.01   |
| Coffee, decaffeinated, from instant        | 3.5 fl oz   | 0.02  |
| Coffee, from ground beans                  | 3.5 fl oz   | <0.01   |
| Cola, carbonated beverage                  | 3.5 fl oz   | 0.02  |
| Cola, low-calorie, carbonated beverage     | 3.5 fl oz   | <0.01   |
| Fruit drink, canned                        | 3.0 fl oz   | 0.02  |
| Fruit drink, from powder                   | 3.5 fl oz   | <0.01   |
| Ginger ale Regular                         | 3.5 fl oz   | 0.01*   |
| Diet                                       | 3.5 fl oz   | <0.005*   |
| Juice, apple, bottled                      | 3.0 fl oz   | <0.01   |
| Juice, cranberry                           | 3.0 fl oz   | 0.005*  |
| Juice, grape, from frozen concentrate      | 3.0 fl oz   | 0.4   |
| Juice, grapefruit, from frozen concentrate | 3.0 fl oz   | 0.05  |
| Juice, Orange, from frozen concentrate     | 3.0 fl oz   | <0.01   |
| Juice, pineapple, from frozen concentrate  | 3.0 fl oz   | 0.3   |
| Juice, prune, bottled                      | 3.0 fl oz   | 3.4   |
| Juice, tomato, bottled                     | 3.5 fl oz   | 2.3   |
| Lemonade, from frozen concentrate          | 3.5 fl oz   | 0.06  |
| Martini                                    | 3.5 fl oz   | <0.01   |
| Sake                                       | 3.5 fl oz   | <0.005*   |
| Soy milk                                   | 3.5 fl oz   | 3*  |
| Tea from tea bag                           | 3.5 fl oz   | 0.08  |
| Black, brewed                              | 3.5 fl oz   | 0.05*   |
| Black, leaves [dry]                        | N/A   | 262*  |
| Decaffeinated, brewed                      | 3.5 fl oz   | 0.03*   |
| Green, leaves [dry]                        | N/A   | 1428*   |
| Green, leaves, brewed                      | 3.5 fl oz   | 0.03#   |
| Water, tap                                 | 3.5 fl oz   | <0.01   |
| Whiskey                                    | 3.5 fl oz   | <0.01   |
| Wine, dry, table                           | 3.5 fl oz   | <0.01   |