

# HIGH VITAMIN K FOODS



**BROCCOLI**  
116 mcg / .5 cup



**BRUSSEL SPROUTS**  
118 mcg / 4 sprouts



**SPINACH**  
153 mcg / 1 cup

@mrsmontgomeryfitlife



**KALE**  
561 mcg / .5 cup



**ASPARAGUS**  
41 mcg / 1 cup



**COLLARDS**  
836 mcg / 1 cup



## DID YOU KNOW?

- Vitamin K2 ensures that calcium is absorbed into bone instead of soft tissue.
- Vitamin K2 is best absorbed when paired with Vitamin D and Calcium.
- Vitamin K is also found in grass-fed beef and egg yolks.
- The daily recommended of Vitamin K for adults over 19 is **120 mcg for males and 90 mcg for females.**

*\*This information is from the NIH.*