

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.*