Be Consistent With Vitamin K Consumption

Foods high in Vitamin K
- Broccoli
- Brussel Sprouts
- Kale
- Spinach
- Parsley
- Swiss Chard

Foods Medium in Vitamin K
- Asparagus
- Peas
- Pistachio Nuts
- Soybeans
- Avocado
- Coleslaw

Foods Low in Vitamin K
- Carrots
- Celery
- Cucumber (peeled)
- Artichoke
- Green Pepper
- Eggplant