Abbott

HIGH
25 MICROGRAMS
OR HIGHER

MEDIUM
10–24 MICROGRAMS

LOW
0–9 MICROGRAMS

ACELIS CONNECTED HEALTH™

WellLife

# VITAMIN K FINDER



# HIGH
## VITAMIN K CONTENT FOODS

**25 MICROGRAMS OR HIGHER**
AVG. SERVING SIZE: 1 CUP

ACELIS CONNECTED HEALTH | 877-262-4669 | www.acelis.com

## A

Alive®, Liquid Whole Food Energizer™

Alive®, no iron added, Vcaps® Whole Food Energizer

Alive®, Tablets Whole Food Energizer

Alive®, Ultra Shake™

Alive®, Ultra Shake™, Rice/Pea Ultra-Shake

Apple & Cinnamon

Alive®, Ultra Shake™, Rice/Pea Ultra-Shake Vanilla

Asparagus, canned, drained solids, 4 spears

Asparagus, cooked, boiled, drained, 4 spears

Asparagus, frozen, cooked, boiled, drained, w/o salt, 4 spears

Asparagus, frozen, cooked, boiled, drained, w/o salt, 4 spears

## B

Beans, snap, green, canned, regular pack, drained solids

Beet greens, cooked, boiled, drained, w/o salt

Blackberries, raw

Blueberries, frozen, sweetened

Blueberries, raw

Boost® Glucose Control, 8 ounces

Boost® High Protein, 8 ounces

Boost® Plus, 8 ounces

Boost® Regular, 8 ounces

Bread crumbs, dry, grated, seasoned

Broccoli, cooked, boiled, drained, w/o salt

Broccoli, frozen, chopped, cooked, boiled, and drained, w/o salt

Broccoli, raw

Brussels sprouts, cooked, boiled, drained, w/o salt

Brussels sprouts, frozen, cooked, boiled, drained, w/o salt

## C

Cabbage, Chinese (bok-choi), cooked, boiled, drained, w/o salt

Cabbage, cooked, boiled, drained, w/o salt

Cabbage, raw

Cabbage, red, raw

Cabbage, Savoy, raw

Carrot juice, canned

Celery, cooked, boiled, drained, w/o salt

Celery, raw

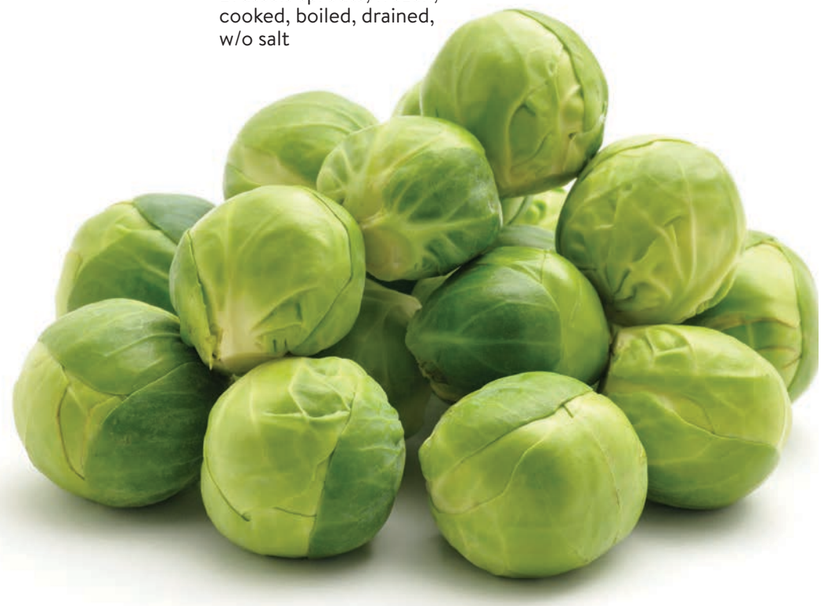
Collards, cooked, boiled, drained, w/o salt

Collards, frozen, chopped, cooked, boiled, drained, w/o salt

Cowpeas (blackeye pea), immature seeds, cooked, boiled, drained, w/o salt

Cowpeas (blackeye pea), immature seeds, frozen, cooked, boiled, drained, w/o salt

Cucumber, with peel, raw



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## D

Dandelion greens, cooked, boiled, drained, w/o salt

## E

Endive, raw

Ensure® High Calcium, 8 ounces

## F

Fast foods, coleslaw

Fish, tuna, light, canned in oil, drained solids

## K

Kale, cooked, boiled, drained, w/o salt

Kale, frozen, cooked, boiled, drained, w/o salt

Kiwifruit, green, raw

## L

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, w/o salt

Lettuce, butterhead (includes boston and bibb types), raw

Lettuce, cos or romaine, raw

Lettuce, green leaf, raw

## M

Mung beans, mature seeds, sprouted, cooked, boiled, drained, w/o salt

Mung beans, mature seeds, sprouted, raw

Mustard greens, cooked, boiled, drained, w/o salt

## N

Noodles, egg, spinach, cooked, enriched

## O

Okra, cooked, boiled, drained, w/o salt

Okra, frozen, cooked, boiled, drained, w/o salt

Onions, spring or scallions (includes tops and bulb), raw

## P

Parsley, raw

Peas, edible-podded, boiled, drained, w/o salt

Peas, edible-podded, frozen, cooked, boiled, drained, w/o salt

Peas, green (includes baby and lesser types), canned, drained solids, unprepared

Peas, green, frozen, cooked, boiled, drained, w/o salt

Pickles, cucumber, dill or kosher dill

Pie crust, cookie-type, from recipe, graham cracker, baked

Pie crust, standard-type, from recipe, baked

Plums, dried (prunes), stewed, w/o added sugar

Plums, dried (prunes), uncooked, 5 prunes

Pumpkin, canned, w/o salt

## R

Rhubarb, frozen, cooked, with sugar



## S

Sauce, pasta, spaghetti/ marinara, ready-to-serve

Sauerkraut, canned, solids and liquids

Soybeans, mature cooked, boiled, w/o salt

Spinach souffle

Spinach, canned, regular pack, drained solids

Spinach, cooked, boiled, drained, w/o salt

Spinach, frozen, chopped or leaf, cooked, boiled, drained, w/o salt

Spinach, raw (1 leaf = 48 mcg)

## T

Tomato products, canned, paste, w/o salt added

Turnip greens, cooked, boiled, drained, w/o salt

Turnip greens, frozen, cooked, boiled, drained, w/o salt

## V

Vegetables, mixed, canned, drained solids

Vegetables, mixed, frozen, cooked, boiled, drained, w/o salt

Viactiv® Calcium Soft Chews, 1 square

Vitamin K2, Menatetrenone (do not take w/warfarin, Coumadin)

Vitamin, Sentivites Multi-Vitamin & Mineral Formula, 1 tablet

Vitamins, Centrum®, 1 tablet

Vitamins, Centrum® Men's, 1 tablet

Vitamins, Centrum® Silver, 1 tablet

Vitamins, One-a-Day® Cholesterol Plus, 1 tablet

Vitamins, One-a-Day® Energy, 1 tablet

Vitamins, One-a-Day® Energy Advantage O2, 1 tablet

Vitamins, One-a-Day® Maximum, 1 tablet

Vitamins, One-a-Day® Men's Formula, 1 tablet

Vitamins, One-a-Day® Teen Advantage, 1 tablet

Vitamins, One-a-Day® Women's, 1 tablet

Vitamins, One-a-Day® Women's Active Metabolism,1 tablet

Vitamins, One-a-Day® Women's Active Mind & Body, 1 tablet

Vitamins, One-a-Day® Women's O2, 1 tablet

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HIGH
VITAMIN K CONTENT FOODS



## A

Artichokes, (globe or french), cooked, boiled, drained, w/o salt

## B

BALANCE, Nutrition Bar, Chocolate Raspberry Fudge

BALANCE, Nutrition Bar, Cookie Dough

BALANCE, Nutrition Bar, Almond Brownie

BALANCE, Nutrition Bar, CarbWell, Caramel and Chocolate

BALANCE, Nutrition Bar, CarbWell, Chocolate Peanut Butter

BALANCE, Nutrition Bar, Chocolate

BALANCE, Nutrition Bar, GOLD, Caramel Nut Blast

BALANCE, Nutrition Bar, GOLD, Chocolate Mint Cookie Crunch

BALANCE, Nutrition Bar, GOLD, Chocolate Peanut Butter

BALANCE, Nutrition Bar, GOLD, Triple Chocolate Chaos

BALANCE, Nutrition Bar, Honey Bar

BALANCE, Nutrition Bar, Mocha Chip

BALANCE, Nutrition Bar, Peanut Butter

BALANCE, Nutrition Bar, Yogurt Honey Peanut

Beans, kidney, red, mature seeds, cooked, boiled, w/o salt

Beans, snap, green, cooked, boiled, drained, w/o salt

Beans, snap, green, frozen, cooked, boiled, drained w/o salt

Beans, snap, yellow, canned, regular pack, drained solids

Beans, snap, yellow, cooked, boiled, drained, w/o salt

Beans, snap, yellow, frozen, cooked, boiled, drained, w/o salt

Beef stew, canned entree

Boost® Powder Mix

Bread stuffing, bread, dry mix, prepared

## C

Candies, white chocolate

Carrots, canned, regular pack, drained solids

Carrots, cooked, boiled, drained, w/o salt

Carrots, frozen, cooked, boiled, drained, w/o salt

Carrots, raw

Cauliflower, cooked, boiled, drained, w/o salt

Cauliflower, frozen, cooked, boiled, drained, w/o salt

Cauliflower, raw

Celery, cooked, boiled, drained, w/o salt, 1 stalk

Clif® Energy Bar, apricot

Clif® Energy Bar, banana nut bread

Clif® Energy Bar, black cherry, almond

Clif® Energy Bar, blueberry crisp

Clif® Energy Bar, carrot cake

Clif® Energy Bar, chocolate almond fudge

Clif® Energy Bar, chocolate brownie

Clif® Energy Bar, chocolate chip

Clif® Energy Bar, chocolate chip peanut crunch

Clif® Energy Bar, cool mint chocolate

Clif® Energy Bar, cranberry apple cherry

Clif® Energy Bar, cranberry orange nut bread

Clif® Energy Bar, crunchy peanut butter

Clif® Energy Bar, iced gingerbread

Clif® Energy Bar, maple nut

Clif® Energy Bar, oatmeal raisin walnut

Clif® Energy Bar, peanut toffee buzz

Clif® Energy Bar, pumpkin pie

Clif® Energy Bar, white chocolate macadamia

Clif® Protein Bar, chocolate

Clif® Protein Bar, chocolate mint

Clif® Protein Bar, c ookies ‘n cream

Clif® Protein Bar, lemon

Clif® Protein Bar, peanut butter

Clif® Protein Bar, vanilla almond

Cucumber, peeled, raw

Cucumber, with peel, raw

## E

Éclairs, custard-filled with chocolate glaze, from recipe

Ensure® High Protein

Ensure® Immune Balance

Ensure® Plus

## F

Fast foods, French toast sticks

Fast foods, potato, French fried in vegetable oil

## G

Grapes, red or green (European type, such as Thompson seedless), raw

## M

Margarine, regular, 80% fat, composite, tub, with salt

Margarine-like, margarine-butter blend, soybean oil and butter

Margarine-like, vegetable oil spread, 60% fat, stick, with salt

Miso

Muffins, blueberry, commercially prepared (Includes mini-muffins)

## N

Nuts, pine nuts, dried

## P

Pears, Asian, raw

Peppers, sweet, green, cooked, boiled, drained, w/o salt

Pickle relish, sweet

Pie, blueberry, commercially prepared

Pie, pecan, commercially prepared

Pie, pumpkin, commercially prepared

Potatoes, mashed, home-prepared, whole milk and margarine added

## R

Raspberries, frozen, red, sweetened



## S

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Salad dressing, French dressing, commercial, regular

Salad dressing, home recipe, vinegar and oil

Soup, chunky vegetable, canned, ready-to-serve

Soup, minestrone, canned, reduced sodium, ready-to-serve

Spices, parsley, dried

## T

Tomatoes, red, ripe, raw, year round average

## V

Vegetable juice cocktail, canned

Vitamins, Centrum® Cardio

Vitamins, One-a-Day® Men’s 50+ Advantage

Vitamins, One-a-Day® Men’s Health Formula

Vitamins, One-a-Day® Women’s 50+ Advantage

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MEDIUM
VITAMIN K CONTENT FOODS

# A

Alcoholic beverages

***Alcohol may interact with certain medications including warfarin. Patients should consult with a physician or other qualified health care provider before consumption with warfarin.***

Alcoholic beverage, beer, light

Alcoholic beverage, beer, regular, all

Alcoholic beverage, daiquiri, from recipe

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Alcoholic beverage, liqueur, coffee, 53 proof

Alcoholic beverage, piña colada, from recipe

Alcoholic beverage, wine, dessert, dry

Alcoholic beverage, wine, dessert, sweet

Alcoholic beverage, wine, table, red

Alcoholic beverage, wine, table, white

Alfalfa seeds, sprouted, raw

ALL ONE®, Nutrition Powder, Active Seniors

ALL ONE®, Nutrition Powder, Fruit Antioxidant

ALL ONE®, Nutrition Powder, Green Phyto Base

ALL ONE®, Nutrition Powder, Original

ALL ONE®, Nutrition Powder, Rice Base

ALL ONE®, Nutrition Powder, Weight Loss Formula

ALL ONE®, Tablets, For Travel

Apple juice, canned or bottled, unsweetened, w/o added ascorbic acid

Apples, dried, sulfured, uncooked

Apples, raw, with skin

Apples, raw, w/o skin



Applesauce, canned, sweetened, w/o salt

Applesauce, canned, unsweetened, w/o added ascorbic acid

Apricots, canned, heavy syrup pack, with skin, solids and liquids

Apricots, canned, juice pack, with skin, solids and liquids

Apricots, dried, sulfured, uncooked

Apricots, raw

Avocados, raw, California

# B

Bagels, cinnamon-raisin

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Baking chocolate, unsweetened, squares

Bamboo shoots, canned, drained solids

Bananas, raw

Barley, pearled, cooked

Barley, pearled, raw

Beans, baked, canned, plain or vegetarian

Beans, baked, canned, with franks

Beans, baked, canned, with pork and sweet sauce

Beans, baked, canned, with pork and tomato sauce

Beans, kidney, red, mature seeds, canned

Beans, navy, mature seeds, cooked, boiled, w/o salt

Beans, pinto, mature seeds, cooked, boiled, w/o salt

Beans, white, mature seeds, canned

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Beef Macaroni, frozen entree

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Beef, cured, corned beef, canned

Beef, cured, dried

Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Beef, variety meats and by-products, liver, cooked, pan-fried

Beets, canned, drained solids

Beets, cooked, boiled, drained

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Bologna, beef and pork

Braunschweiger (liver sausage), pork

Bread crumbs, dry, grated, plain

**BREAD**

Egg

French or Vienna (includes sourdough)

Italian

Multi-Grain (includes whole-grain)

Multi-Grain, toasted (includes whole-grain)

Oatmeal

Oatmeal, toasted

Pita, white, enriched

Pita, white, enriched, toasted

Pumpernickel

Pumpernickel, toasted

Raisin, enriched

Raisin, toasted, enriched

Reduced-calorie, rye

Reduced-calorie, wheat

Reduced-calorie, white

Rye

Rye, toasted

Wheat

Wheat, toasted

White, commercially prepared (includes soft bread crumbs)

White, commercially prepared, toasted

Whole-wheat, commercially prepared

Whole-wheat, commercially prepared, toasted

Buckwheat flour, whole-groat

Buckwheat groats, roasted, cooked

Bulgur, cooked

Bulgur, dry

Butter, salted

Butter, w/o salt



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LOW
VITAMIN K CONTENT FOODS

C

Cake, angel food, dry mix, prepared

Cake, Boston cream pie, commercially prepared

Cake, fruitcake, commercially prepared

Cake, pound, commercially prepared, fat-free

Cake, snack cakes, cr me-filled, chocolate with frosting

Cake, snack cakes, cr me-filled, sponge

Cake, sponge, commercially prepared

Cake, white, from recipe with coconut frosting

Cake, white, from recipe w/o frosting

**CANDIES**

Caramels

Caramels, chocolate-flavor roll

Carob, unsweetened

Fudge, chocolate, from recipe

Fudge, chocolate, with nuts, from recipe

Fudge, vanilla with nuts

Fudge, vanilla, from recipe

Gumdrops, starch jelly pieces

Hard

Jellybeans

KIT KAT® Wafer Bar

MARS®, M&M's® Milk Chocolate

MARS®, M&M's® Peanut Chocolate

MARS®, MILKY WAY® Bar

MARS®, SNICKERS® Bar

MARS®, STARBURST® Fruit Chews

Marshmallows

Milk chocolate

Milk chocolate coated peanuts

Milk chocolate coated raisins

Milk chocolate, with almonds

MR. GOODBAR® Chocolate Bar

NESTLÉ®, BUTTERFINGER® Bar

REESE'S® Peanut Butter Cups

Semisweet chocolate

Carambola, (starfruit), raw

Carbonated beverage, club soda

Carbonated beverage, cola, contains caffeine

Carbonated beverage, ginger ale

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine

Carbonated beverage, low calorie, other than cola or pepper, w/o caffeine

Carbonated beverage, root beer

Carbonated beverage, SPRITE®, lemon-lime, w/o caffeine

Carob flour

Carrots, baby, raw

Carrots, raw

Catsup

Cauliflower, cooked, boiled, drained, w/o salt

Cauliflower, raw

Celery, raw, 1 stalk





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**CEREALS READY-TO-EAT**

GENERAL MILLS®, APPLE CINNAMON CHEERIOS®

GENERAL MILLS®, BASIC 4®

GENERAL MILLS®, BERRY BERRY KIX®

GENERAL MILLS®, CHEERIOS®

GENERAL MILLS®, CINNAMON TOAST CRUNCH®

GENERAL MILLS®, COCOA PUFFS®

GENERAL MILLS®, Corn CHEX®

GENERAL MILLS®, GOLDEN GRAHAMS®

GENERAL MILLS®, HONEY NUT CHEERIOS®

GENERAL MILLS®, Honey Nut CHEX®

GENERAL MILLS®, Honey Nut CLUSTERS®

GENERAL MILLS®, KIX®

GENERAL MILLS®, LUCKY CHARMS®

GENERAL MILLS®, RAISIN NUT BRAN®

GENERAL MILLS®, REESE'S PUFFS®

GENERAL MILLS®, Rice CHEX®

GENERAL MILLS®, TOTAL® Corn Flakes

GENERAL MILLS®, TOTAL® Raisin Bran

GENERAL MILLS®, TRIX®

GENERAL MILLS®, Wheat CHEX®

GENERAL MILLS®, WHEATIES®

GENERAL MILLS®, WHEATIES® Raisin Bran

GENERAL MILLS®, Whole Grain TOTAL®

KELLOGG'S® ALL-BRAN COMPLETE® Wheat Flakes

KELLOGG'S® ALL-BRAN® Original

KELLOGG'S® APPLE JACKS®

KELLOGG'S® COCOA KRISPIES®

KELLOGG'S® Corn Flakes®

KELLOGG'S® CORN POPS®

KELLOGG'S® CRISPIX®

KELLOGG'S® FROOT LOOPS®

KELLOGG'S® FROSTED FLAKES®

KELLOGG'S® FROSTED MINIWHEATS®, bite size

KELLOGG'S® Honey SMACKS®

KELLOGG'S® PRODUCT 19®

KELLOGG'S® RAISIN BRAN®

KELLOGG'S® RICE KRISPIES®

KELLOGG'S® RICE KRISPIES TREATS® Cereal

KELLOGG'S® SPECIAL K®

KELLOGG'S® FROSTED MINI-WHEATS®, original

QUAKER®, CAP'N CRUNCH®

QUAKER®, CAP'N CRUNCH® with CRUNCHBERRIES

QUAKER®, CAP'N CRUNCH'S® PEANUT BUTTER CRUNCH®

QUAKER®, Low Fat 100% Natural Granola with Raisins

QUAKER®, 100% Natural Cereal with oats, honey, and raisins

QUAKER®, QUAKER OAT LIFE®, plain

QUAKER®, QUAKER® toasted Oatmeal Cereal, Honey Nut

Wheat germ, toasted, plain

Wheat, shredded, plain, sugar and salt free

C continued on next page



LOW
VITAMIN K CONTENT FOODS

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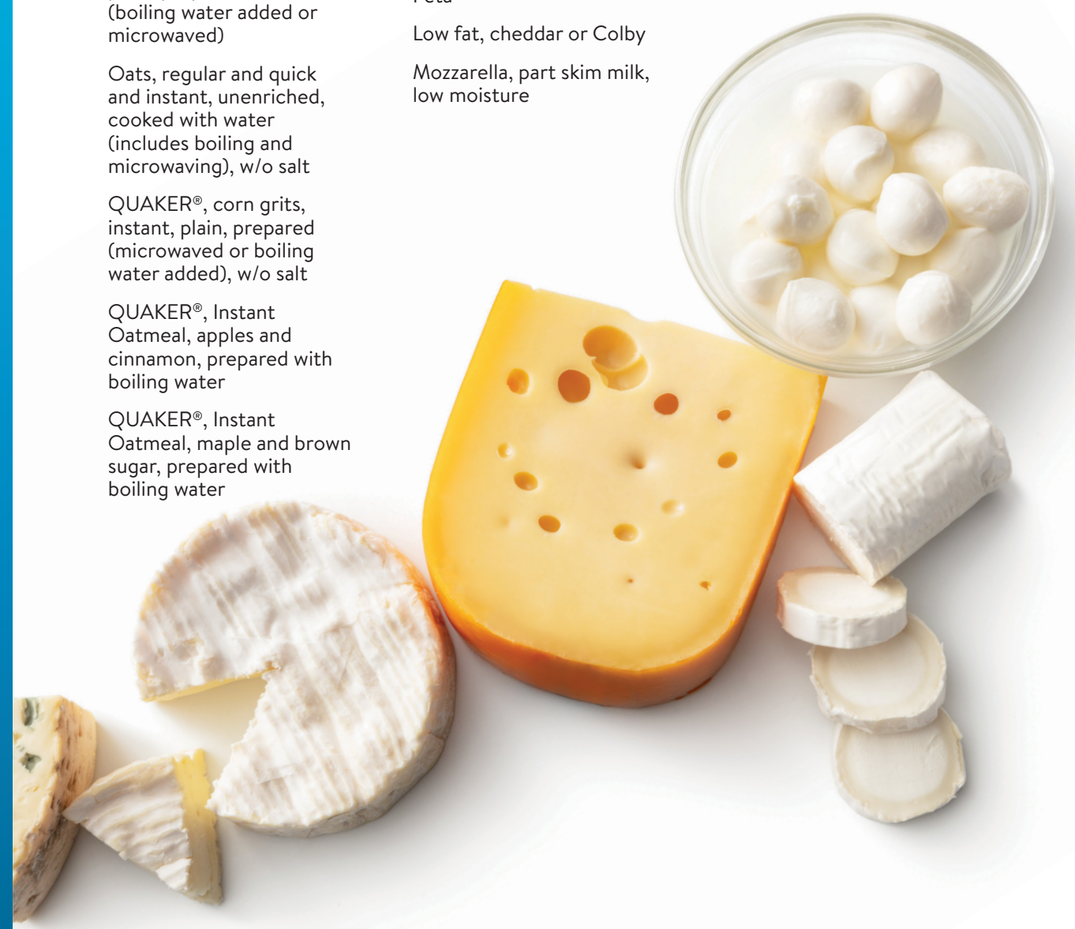
C continued from last page

**CEREALS**

- Corn grits, white, regular and quick, enriched, cooked with water, w/o salt
- Corn grits, yellow, regular and quick, enriched, cooked with water, w/o salt
- CREAM OF WHEAT®, regular (10 minute), cooked with water, w/o salt
- Farina, enriched, assorted brands including CREAM OF WHEAT®, quick (1-3 minutes), cooked with water, w/o salt
- Oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)
- Oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), w/o salt
- QUAKER®, corn grits, instant, plain, prepared (microwaved or boiling water added), w/o salt
- QUAKER®, Instant Oatmeal, apples and cinnamon, prepared with boiling water
- QUAKER®, Instant Oatmeal, maple and brown sugar, prepared with boiling water

**CHEESE**

- Blue
- Camembert
- Cheddar
- Cottage, creamed, large or small curd
- Cottage, creamed, with fruit
- Cottage, lowfat, 1% milkfat
- Cottage, lowfat, 2% milkfat
- Cottage, nonfat, uncreamed, dry, large or small curd
- Cream
- Cream, fat free
- Feta
- Low fat, cheddar or Colby
- Mozzarella, part skim milk, low moisture
- Mozzarella, whole milk
- Muenster
- Neufchatel
- Parmesan, grated
- Pasteurized process, American, w/o disodium phosphate
- Pasteurized process, American, with disodium phosphate
- Pasteurized process, Swiss, with disodium phosphate
- Provolone
- Ricotta, part skim milk
- Ricotta, whole milk
- Swiss





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- Cheese sauce, from recipe
- Cheese spread, pasteurized process, American, w/o disodium phosphate
- Cheesecake commercially prepared
- Cherries, sour, red, canned, water pack, solids and liquids
- Cherries, sweet, raw
- Chicken pot pie, frozen entree, prepared
- Chicken roll, light meat
- Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter
- Chicken, broilers or fryers, breast, meat only, cooked, roasted
- Chicken, broilers or fryers, drumstick, meat only, cooked, roasted
- Chicken, broilers or fryers, giblets, cooked, simmered
- Chicken, broilers or fryers, thigh, meat only, cooked, roasted
- Chicken, canned, meat only, with broth
- Chicken, liver, all classes, cooked, simmered
- Chicken, stewing, meat only, cooked, stewed
- Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, w/o salt
- Chives, raw
- Chocolate syrup
- Chocolate-flavor beverage mix for milk, powder, w/o added nutrients
- Chocolate-flavor beverage mix, powder, prepared with whole milk
- CLIF Nectar™ cherry pomegranate
- CLIF Nectar™ cranberry apricot almond



- CLIF Nectar™ dark chocolate walnut
- CLIF Nectar™ lemon vanilla cashew
- Cocoa mix, no sugar added, powder
- Cocoa mix, powder
- Cocoa mix, powder, prepared with water
- Cocoa mix, with aspartame, powder, prepared with water
- Cocoa, dry powder, unsweetened
- Coffee, brewed from grounds, prepared with tap water
- Coffee, brewed, espresso, restaurant-prepared
- Coffee, instant, regular, prepared with water

**COOKIES**

- Brownies, commercially prepared
- Brownies, dry mix, special dietary, prepared
- Butter, commercially prepared, enriched
- Chocolate chip, commercially prepared, regular, higher fat, enriched
- Chocolate sandwich, with créme filling, regular
- Fig bars
- Graham crackers, plain or honey (includes cinnamon)
- Graham crackers, plain or honey (includes cinnamon)
- Molasses
- Oatmeal, commercially prepared, fatfree
- Oatmeal, commercially prepared, regular
- Peanut butter, commercially prepared, regular
- Shortbread, commercially prepared, plain
- Sugar, commercially prepared, regular (includes vanilla)
- Sugar, from recipe, made with margarine
- Sugar, refrigerated dough, baked
- Vanilla sandwich with cream filling
- Vanilla sandwich with cream filling
- Vanilla wafers, lower fat

C continued on next page

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C continued from last page

Corn, sweet, white, cooked, boiled, drained, w/o salt

Corn, sweet, yellow, canned, vacuum pack, regular pack

Corn, sweet, yellow, cooked, boiled, drained, w/o salt

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, w/o salt

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, w/o salt

Cornmeal, degermed, enriched, yellow

Cornmeal, whole-grain, yellow

Cornstarch

Couscous, cooked

Crackers, cheese, regular

Crackers, cheese, sandwich-type with peanut butter filling

Crackers, matzo, plain

Crackers, Melba toast, plain

Crackers, rye, wafers, plain

Crackers, saltines (includes oyster, soda, soup)

Crackers, standard snack-type, regular

Crackers, standard snack-type, sandwich, with cheese filling

Crackers, wheat, regular

Crackers, whole-wheat

***Certain foods such as cranberry may interact with medications including warfarin. Patients should consult with a physician or other qualified health care provider before consumption with warfarin.***

Cranberry juice cocktail, bottled

Cranberry sauce, canned, sweetened

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Cream substitute, powdered

Cream, fluid, half and half

Cream, fluid, heavy whipping

Cream, fluid, light (coffee cream or table cream)

Cream, fluid, light whipping

Cream, sour, cultured

Cream, sour, reduced fat, cultured

Cream, whipped, cream topping, pressurized

Croissants, butter

Croutons, seasoned

Crustaceans, crab, Alaska king, imitation, made from surimi

Crustaceans, crab, blue, canned

Crustaceans, crab, blue, cooked, moist heat

Crustaceans, lobster, northern, cooked, moist heat

Crustaceans, shrimp, mixed species, canned

Cucumber, peeled, raw

## D

Danish pastry, cheese

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Dates, deglet noor

Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Dessert topping, pressurized

Dessert topping, semi solid, frozen

DiabetEZE® nutrition energy bar

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Duck, domesticated, meat only, cooked, roasted





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## E

Egg substitute, liquid

Egg, white, raw, fresh

Egg, whole, cooked, fried

Egg, whole, cooked, hard-boiled

Egg, whole, cooked, poached

Egg, whole, cooked, scrambled

Egg, whole, raw, fresh

Egg, yolk, raw, fresh

Eggnog

Eggplant, cooked, boiled, drained, w/o salt

English muffins, plain, enriched, with ca prop (includes sourdough)

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

ENSURE® Powder

## F

Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

Fast Food, biscuit, with egg and sausage

Fast food, cheeseburger; single, regular patty, with condiments

Fast food, chicken, breaded and fried, boneless pieces, plain

Fast food, chili con carne

Fast food, English muffin, with egg, cheese, and Canadian bacon

Fast food, hamburger; single, regular patty; with condiments

Fast food, potato, French fried in vegetable oil

Fast food, potatoes, hashed brown

Fast food, vanilla, light, soft-serve ice cream, with cone

Figs, dried, uncooked

Fish, Cod, Atlantic, canned, solids and liquid

Fish, fish portions and sticks, frozen, preheated

Fish, Flatfish (flounder and sole species), cooked, dry heat

Fish, Flatfish (flounder and sole species), cooked, dry heat

Fish, Herring, Atlantic, pickled

Fish, Pollock, walleye, cooked, dry heat

Fish, Pollock, walleye, cooked, dry heat

Fish, Rockfish, Pacific, mixed species, cooked, dry heat

Fish, Roughy, orange, cooked, dry heat

Fish, Salmon, chinook smoked

Fish, Salmon, pink, canned, solids with bone and liquid

Fish, Salmon, sockeye, cooked, dry heat

Fish, Sardine, Atlantic, canned in oil, drained solids with bone

Fish, Tuna, light, canned in water, drained solids

Fish, Tuna, white, canned in water, drained solids

Frankfurter, beef

Frankfurter, beef and pork

Frankfurter, chicken

Frostings, vanilla, creamy, ready-to-eat





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25 MICROGRAMS OR HIGHER
AVG. SERVING SIZE: 1 CUP
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Frozen novelties, fruit and juice bars

Frozen novelties, ice type, pop

Frozen yogurts, vanilla, soft-serve

Fruit butters, apple

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids

Fruit punch drink, with added nutrients, canned

Frybread, made with lard (Navajo)

## G

Garlic, raw

Gelatin desserts, dry mix, prepared with water

Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

Grape drink, canned

Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid

Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid

Grape juice, canned or bottled, unsweetened, w/o added ascorbic acid

Grapefruit juice, white, canned, sweetened

Grapefruit juice, white, canned, unsweetened

Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water

Grapefruit juice, white, frozen concentrate, unsweetened, undiluted

Grapefruit juice, white, raw

Grapefruit, raw, pink and red, all areas

Grapefruit, raw, white, all areas

Grapefruit, sections, canned, light syrup pack, solids and liquids

Grapes, red or green (European type, such as Thompson seedless), raw

Gravy, beef, canned, ready-to-serve

Gravy, chicken, canned, ready-to-serve

Gravy, turkey, canned, ready-to-serve

## H

Ham, chopped, not canned

Ham, sliced, extra lean

Ham, sliced, regular (approximately 11% fat)

Honey

Horseradish, prepared

## I

Ice creams, chocolate

Ice creams, French vanilla, soft-serve

Ice creams, vanilla

Ice creams, vanilla, light

Ice creams, vanilla, rich

## J

Jams and preserves

Jellies

Jerusalem-artichokes, raw

## K

Kohlrabi, cooked, boiled, drained, w/o salt



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LOW
VITAMIN K CONTENT FOODS

# L

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat,

Lard

Leavening agents, baking powder, double-acting, sodium aluminum sulfate

Leavening agents, baking powder, double-acting, straight phosphate

Leavening agents, baking powder, low-sodium

Leavening agents, baking soda

Leavening agents, cream of tartar

Leavening agents, yeast, baker's, active dry

Leavening agents, yeast, baker's, compressed

Lemon juice, canned or bottled

Lemon juice, raw

Lemonade, frozen concentrate, white, prepared with water

Lemonade, low calorie, with aspartame, powder, prepared with water

Lemonade-flavor drink, powder, prepared with water

Lemons, raw, w/o peel

Lentils, mature seeds, cooked, boiled, w/o salt

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, w/o salt

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, w/o salt

Lima beans, large, mature seeds, cooked, boiled, w/o salt

Lime juice, canned or bottled, unsweetened

Lime juice, raw

LUNA® Nutrition for Women, Apple Cinnamon

LUNA® Nutrition for Women, Blueberry Bliss

LUNA® Nutrition for Women, Strawberry Crumble

LUNA® Whole Nutrition Bar, Chocolate Raspberry

LUNA® Whole Nutrition Bar, Berry Almond

LUNA® Whole Nutrition Bar, Carmel Nut Brownie

LUNA® Whole Nutrition Bar, Chai Tea

LUNA® Whole Nutrition Bar, Chocolate Peppermint Stick

LUNA® Whole Nutrition Bar, Cookies 'n Cream Delight™

LUNA® Whole Nutrition Bar, Dulce de Leche

LUNA® Whole Nutrition Bar, Iced Oatmeal Raisin

LUNA® Whole Nutrition Bar, LemonZest™

LUNA® Whole Nutrition Bar, Mini-Caramel Nut Brownie

LUNA® Whole Nutrition Bar, Mini-Lemon Zest

LUNA® Whole Nutrition Bar, Mini-Nuts Over Chocolate

LUNA® Whole Nutrition Bar, Mini-Peanut Butter Cookie

LUNA® Whole Nutrition Bar, Mini-S'mores

LUNA® Whole Nutrition Bar, Mini-White Chocolate

# M

Macadamia

Macaroni and Cheese, canned entree

Macaroni, cooked, enriched

Malted drink mix, chocolate, with added nutrients, powder

Malted drink mix, chocolate, with added nutrients, powder

Malted drink mix, natural, with added nutrients, powder

Malted drink mix, natural, with added nutrients, powder, prepared with whole milk

Mangos, raw

Margarine-like, vegetable oil spread, 60% fat, stick, with salt

Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt

Melons, cantaloupe, raw

Melons, honeydew, raw

Milk shakes, thick chocolate and vanilla

**MILK**

Buttermilk, dried

Buttermilk, fluid, cultured, lowfat

Canned, condensed, sweetened

Canned, evaporated, nonfat, with added vitamin A and vitamin D

Canned, evaporated, with added vitamin D and w/o added vitamin A

Chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D

Chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Dry, nonfat, instant, with added vitamin A and vitamin D

Lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D

Nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D

Whole, 3.25% milkfat, with added vitamin D

Mollusks, clam, mixed species, canned, drained solids

Mollusks, clam, mixed species, raw

Mollusks, oyster, eastern, wild, raw

Muffins, corn, commercially prepared

Muffins, oat bran

Muffins, wheat bran, toaster-type with raisins, toasted

Mushrooms, canned, drained solids

Mushrooms, shiitake, cooked, w/o salt

Mushrooms, shiitake, dried

Mushrooms, white, cooked, boiled, w/o salt

Mushrooms, white, raw

Mustard, prepared, yellow

# N

Nectarines, raw

Noodles, Chinese, chow mein

Noodles, egg, cooked, enriched

**NUTS**

Almonds

Brazil nuts, dried, unblanched

Cashew nuts, dry roasted, with salt added

Cashew nuts, oil roasted, with salt added

Chestnuts, European, roasted

Coconut meat, dried (desiccated), sweetened, shredded

Coconut meat, raw

Hazelnuts or filberts

Macadamia nuts, dry roasted, with salt added

Mixed nuts, dry roasted, with peanuts, with salt added

Mixed nuts, with peanuts, oil roasted, with salt added

Pecans

Pine nuts, dried

Pistachio nuts, dry roasted, with salt added

Walnuts, English







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LOW
VITAMIN K CONTENT FOODS

## O

Oat bran, raw

Oil, canola

Oil, corn, industrial and retail, all purpose salad or cooking

Oil, olive, salad or cooking

Oil, peanut, salad or cooking

Oil, safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Oil, sesame, salad or cooking

Oil, soybean, salad or cooking, (partially hydrogenated)

Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed

Oil, sunflower, linoleic, (approx. 65%)

Olives, ripe, canned (small-extra large)

Onions, cooked, boiled, drained, w/o salt

Onions, dehydrated flakes

Onions, raw

Orange juice, canned, unsweetened

Orange juice, chilled, includes from concentrate

Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Orange juice, frozen concentrate, unsweetened, undiluted

Orange juice, raw

Oranges, raw, all commercial varieties

## P

Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Papayas, raw

Parsnips, cooked, boiled, drained, w/o salt

Pasta with meatballs in tomato sauce, canned entree

Peaches, canned, heavy syrup pack, solids and liquids

Peaches, canned, juice pack, solids and liquids

Peaches, dried, sulfured, uncooked

Peaches, frozen, sliced, sweetened

Peaches, raw

Peanut butter, chunk style, with salt

Peanut butter, smooth style, with salt

Peanuts, all types, dry-roasted, with salt

Peanuts, all types, oil-roasted, with salt

Pears, Asian, raw

Pears, canned, heavy syrup pack, solids and liquids

Pears, canned, juice pack, solids and liquids

Pears, raw

Peas, split, mature seeds, cooked, boiled, w/o salt

Peppers, hot chili, green, raw

Peppers, hot chili, red, raw

Peppers, jalapeno, canned, solids and liquids

Peppers, sweet, green, raw

Peppers, sweet, red, cooked, boiled, w/o salt

Peppers, sweet, red, raw

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Pie fillings, apple, canned

Pie, apple, commercially prepared, enriched flour

Pie, cherry, commercially prepared

Pie, fried pies, fruit

Pie, lemon meringue, commercially prepared



Pimento, canned

Pineapple and grapefruit juice drink, canned

Pineapple and orange juice drink, canned

Pineapple juice, canned, unsweetened, w/o added ascorbic acid

Pineapple, canned, heavy syrup pack, solids and liquids

Pineapple, canned, juice pack, solids and liquids

Pineapple, raw, all varieties

Pizza, cheese topping, regular crust, frozen, cooked

Pizza, meat and vegetable topping, regular crust, frozen, cooked

Plantains, cooked

Plantains, raw

Plums, canned, purple, heavy syrup pack, solids and liquids

Plums, canned, purple, juice pack, solids and liquids

Plums, raw

Pork and beef sausage, fresh, cooked

Pork sausage, fresh, cooked

Pork, cured, bacon, cooked, broiled, pan-fried or roasted

Pork, cured, Canadian-style bacon, grilled

Pork, cured, ham, extra lean and regular, canned, roasted

Pork, cured, ham, whole, separable lean and fat, roasted

Pork, cured, ham, whole, separable lean only, roasted

Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted

Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried

Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised

Pork, fresh, spareribs, separable lean and fat, cooked, braised

Potato pancakes

Potato puffs, frozen, oven-heated

Potato, baked, flesh and skin, w/o salt

Potatoes, baked, flesh, w/o salt

Potatoes, baked, skin, w/o salt

Potatoes, boiled, cooked in skin, flesh, w/o salt

Potatoes, boiled, cooked w/o skin, flesh, w/o salt

Potatoes, French fried, all types, salt added in processing, frozen, home-prepared, oven heated

Potatoes, hashed brown, frozen, plain, prepared

Potatoes, hashed brown, home-prepared

Potatoes, mashed, dehydrated, prepared from flakes w/o milk, whole milk and butter added

Potatoes, mashed, home-prepared, whole milk added

Poultry food products, ground turkey, cooked

PowerBar® BITES

PowerBar® ENDURANCE

PowerBar® Fruit Smoothie Energy Bar

PowerBar® GEL BLASTS energy chews

PowerBar® GEL

PowerBar® HARVEST LUNA®

PowerBar® NUT NATURALS

PowerBar® PERFORMANCE

PowerBar® PRIA®

PowerBar® PROTEINPLUS™

PowerBar® PROTEINPLUS™ (reduced sugar)

PowerBar® PROTEINPLUS™ 30g

PowerBar® RECOVERY

PowerBar® TRIPLE THREAT®

Prune juice, canned

Puddings, chocolate, dry mix, regular, prepared with 2% milk

Puddings, chocolate, ready-to-eat

Puddings, rice, ready-to-eat

Puddings, tapioca, ready-to-eat

Puddings, vanilla, ready-to-eat

Pumpkin, cooked, boiled, drained, w/o salt

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25 MICROGRAMS OR HIGHER
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LOW
VITAMIN K CONTENT FOODS

## R

Radishes, raw

Raisins, seedless

Raspberries, raw

Refried beans, canned, traditional style (includes USDA commodity)

Rice drink, unsweetened, with added calcium, vitamins A and D

Rice, brown, long-grain, cooked

Rice, white, long-grain, parboiled, enriched, cooked

Rice, white, long-grain, parboiled, enriched, dry

Rice, white, long-grain, precooked or instant, enriched, prepared

Rice, white, long-grain, regular, cooked

Rice, white, long-grain, regular, raw, enriched

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Rolls, hamburger or hotdog, plain

Rolls, hard (includes kaiser)

Rutabagas, cooked, boiled, drained, w/o salt

## S

Salad dressing, French dressing, reduced fat

Salad dressing, home recipe, cooked

Salad dressing, Italian dressing, commercial, regular

Salad dressing, Italian dressing, reduced fat

Salad dressing, mayonnaise, soybean oil, with salt

Salad dressing, Russian dressing

Salad dressing, Russian dressing, low calorie

Salad dressing, thousand island dressing, reduced fat

Salad dressing, thousand island, commercial, regular

Salami, cooked, beef and pork

Salami, dry or hard, pork, beef

Salt, table

Sandwich spread, pork, beef

Sauce, barbecue

Sauce, hoisin, ready-to-serve

Sauce, homemade, white, medium

Sauce, ready-to-serve, pepper or hot

Sauce, salsa, ready-to-serve

Sauce, teriyaki, ready-to-serve

Sausage, Vienna, canned, chicken, beef, pork

Seaweed, kelp, raw

Seaweed, spirulina, dried

Seeds, pumpkin and squash seed kernels, roasted, with salt added

Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Seeds, sesame seed kernels, dried (decorticated)

Seeds, sunflower seed kernels, dry roasted, with salt added

Shake, fast food, chocolate

Shake, fast food, vanilla

Sherbet, orange

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

**S** continued on next page



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S continued from last page

**SNACKS**

- Potato chips, made from dried potatoes, plain
- Beef jerky, chopped and formed
- Corn-based, extruded, chips, plain
- Corn-based, extruded, puffs or twists, cheese-flavor
- Fruit leather, pieces
- Fruit leather, rolls
- Granola bars, soft, uncoated, chocolate chip
- KELLOGG'S®, NUTRI-GRAIN® Cereal Bars, fruit
- Oriental mix, rice-based
- Popcorn, air-popped
- Popcorn, cakes
- Popcorn, caramel-coated, with peanuts
- Popcorn, caramel-coated, w/o peanuts
- Popcorn, oil-popped, microwave, regular flavor
- Pork skins, plain
- Potato chips, made from dried potatoes, reduced fat
- Potato chips, plain, salted
- Potato chips, plain, unsalted
- Potato chips, reduced fat
- Pretzels, hard, plain, salted
- Rice cakes, brown rice, plain
- Tortilla chips, nacho cheese
- Tortilla chips, plain, white corn



**SOUPS**

- Bean with pork, canned, prepared w/ equal vol. water
- Beef broth or bouillon, powder, dry
- Beef noodle, canned, prepared w/ equal vol. water
- Chicken noodle, canned, prepared w/ equal vol. water
- Chicken noodle, dry, mix, prepared with water
- Chicken with rice, canned, prepared w/ equal vol. water
- Chunky chicken noodle, canned, ready-to serve
- Clam chowder, Manhattan, canned, prepared w/ equal vol. water
- Clam chowder, New England, canned, prepared w/ equal vol. low fat 2% milk
- Cream of mushroom, canned, prepared w/ equal vol. low fat 2% milk
- Cream of mushroom, canned, prepared w/ equal vol. water
- Onion, dry, mix
- Onion, dry, mix, prepared w/ water
- Pea, green, canned, prepared w/ equal vol. water
- Stock, fish, home-prepared
- Tomato, canned, prepared w/ equal vol. low fat 2% milk
- Tomato, canned, prepared w/ equal vol. water, commercial
- Vegetable beef, canned, prepared w/ equal vol. water
- Vegetarian vegetable, canned, prepared w/ equal vol. water

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- Sour dressing, non-butterfat, cultured, filled creamtype
- Soy sauce made from soy and wheat (shoyu)
- Soymilk, original and vanilla, unfortified
- Spaghetti with meat sauce, frozen entree
- Spaghetti, cooked, enriched, w/o added salt
- Spaghetti, whole-wheat, cooked
- Spices, celery seed
- Spices, chili powder
- Spices, cinnamon, ground
- Spices, curry powder
- Spices, garlic powder
- Spices, onion powder
- Spices, oregano, dried
- Spices, paprika
- Spices, pepper, black
- Squash, summer, all varieties, cooked, boiled, drained, w/o salt
- Squash, summer, all varieties, raw
- Squash, winter, all varieties, cooked, baked, w/o salt
- Strawberries, frozen, sweetened, sliced
- Strawberries, raw
- Sugars, brown
- Sugars, granulated
- Sugars, powdered
- Sweet potato, canned, syrup pack, drained solids
- Sweet potato, canned, vacuum pack
- Sweet potato, cooked, baked in skin, w/o salt
- Sweet potato, cooked, boiled, w/o skin
- Sweet rolls, cinnamon, commercially prepared with raisins
- Syrups, chocolate, fudge-type
- Syrups, corn, light
- Syrups, maple
- Syrups, table blends, pancake
- Syrups, table blends, pancake, reduced-calorie

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LOW
VITAMIN K CONTENT FOODS

0–9 MICROGRAMS
AVG. SERVING SIZE: 1/2–1 CUP



## T

Taco shells, baked

Tangerine juice, canned, sweetened

Tangerines, (mandarin oranges), canned, light syrup pack

Tangerines, (mandarin oranges), raw

Tapioca, pearl, dry

Tea, brewed, prepared with tap water

Tea, herb, chamomile, brewed

Tea, herb, other than chamomile, brewed

Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

Tea, instant, sweetened with sugar, lemonflavored, w/o added ascorbic acid, powder, prepared

Tea, instant, unsweetened, powder, prepared

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)

Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)

Tomatillos, raw

Tomato juice, canned, with salt added

Tomato products, canned, puree, w/o salt added

Tomato products, canned, sauce

Tomatoes, red, ripe, canned, packed in tomato juice

Tomatoes, red, ripe, canned, stewed

Tomatoes, red, ripe, raw, year round average

Tomatoes, sun-dried

Tortillas, ready-to-bake or -fry, corn

Tortillas, ready-to-bake or -fry, flour

Turkey patties, breaded, battered, fried

Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted

Turkey, all classes, dark meat, cooked, roasted

Turkey, all classes, giblets, cooked, simmered, some giblet fat

Turkey, all classes, light meat, cooked, roasted

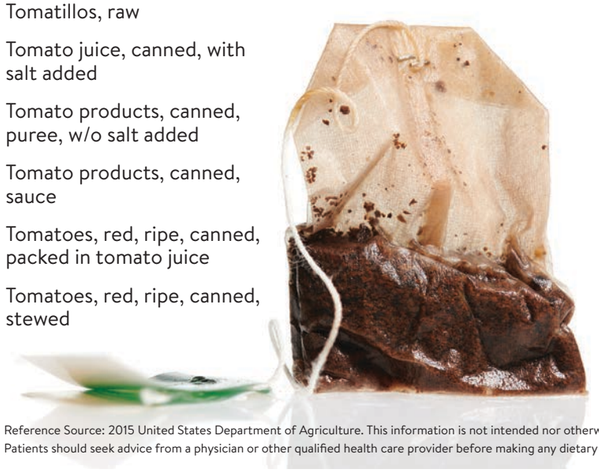
Turkey, all classes, meat only, cooked, roasted

Turkey, all classes, neck, meat only, cooked, simmered

Turnips, cooked, boiled, drained, w/o salt

## U

UltraMAX™ Gold, Powder



## V

Vanilla extract

Veal, leg (top round), separable lean and fat, cooked, braised

Viactiv® Multi-Vitamin Soft Chews

Vinegar, cider

Vitamin, Hair Vitamins & Minerals

Vitamin, Sentivites Senior Multi-Vitamin Formula

## W

Waffles, plain, frozen, ready -to-heat, toasted

Water, tap, municipal

Water chestnuts, Chinese, canned, solids and liquids

Watermelon, raw

Wheat flour, white, all-purpose, enriched, bleached

Wheat flour, white, all-purpose, self-rising, enriched

Wheat flour, white, bread, enriched

Wheat flour, white, cake, enriched

Wheat flour, whole-grain

Wild rice, cooked

## Y

Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Yogurt, plain, low fat, 12 grams protein per 8 ounce

Yogurt, plain, skim milk, 13 grams protein per 8 oz

Yogurt, plain, whole milk, 8 grams protein per 8 oz

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LOW
VITAMIN K CONTENT FOODS

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Abbott