

# VITAMIN K CHECK LIST



EDUCATION  
 Pennsylvania Medical Society  
 277 East Park Drive, Harrisburg, PA 17105-8920  
 (717) 538-7923  
 Fax: (717) 538-7449  
 e-mail: contact@pamedsoc.org  
 www.pamedsoc.org

Name \_\_\_\_\_

Week of \_\_\_\_\_ month \_\_\_\_\_ day \_\_\_\_\_ year \_\_\_\_\_

Medication/dosage \_\_\_\_\_

## HIGH CONTENT

	PORTION	M	T	W	T	F	S	S
<b>BEVERAGES</b>								
Tea (g)	1 C							
<b>FATS</b>								
Canola oil	7 T							
Mayonnaise	7 T							
Salad oil	7 T							
Soybean oil	7 T							
<b>VEGETABLES</b>								
Broccoli (r, ck)	1/2 C							
Brussels sprout	5							
Cabbage (r)	1 1/2 C, S							
Collard greens	1/2 C, ch							
Cucumber peel (r)	1 C							
Endive (r)	2 C, ch							
Green scallion (r)	3/4 C, ch							
Kale (rf)	3/4 C							
Lettuce (r, b, rdl)	1 1/4 C							
Mustard greens (r)	1 1/2 C, ch							
Parsley (r, c)	1 1/2 C, ch							
Spinach (rf)	1 1/2 C							
Turnip greens (r)	1 1/2 C							
Watercress (r)	3 C, ch							

## KEY

- assorted types
- a ..... fib
  - b ..... black
  - bl ..... brewed
  - br ..... chopped
  - ch ..... cooked
  - ck ..... cup
  - c ..... dry
  - d ..... instant
  - i ..... green
  - g ..... ground
  - gr ..... medium
  - m ..... pieces
  - p ..... peeled
  - pl ..... pod
  - pd ..... raw
  - r ..... red
  - rd ..... red leaf
  - rdl ..... regular & diet
  - rgd ..... raw leaf
  - rl ..... shredded
  - s ..... small
  - sm ..... spears
  - sp ..... tablespoon
  - T ..... teaspoon
  - tsp ..... white
  - w ..... white

## MEDIUM CONTENT

	PORTION	M	T	W	T	F	S	S
<b>FATS</b>								
Margarine	7 T							
Olive oil	7 T							
<b>VEGETABLES</b>								
Asparagus (r)	7 sp							
Avocado (pl)	1 sm							
Beans (pd, r)	1 C							
Cabbage (r, rd)	1 1/2 C, S							
Coleslaw	3/4 C							
Dill pickle	1 m							
Peas (gr, c)	3/5 C							
Sauerkraut	1 C							
Soybean (d)	1/2 C							

**LOW CONTENT**

	PORTION	M	T	W	T	F	S	S
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**BEVERAGES**

Coffee (br)	1 c							
Cola (rgd)	1 c							
Fruit juices (a)	1 c							
Milk	1 c							
Tea (bl, br)	1 c							

**FATS**

Corn oil	7 T							
Peanut oil	7 T							
Safflower oil	7 T							
Sesame oil	7 T							
Sunflower oil	7 T							

**VEGETABLES**

Eggplant	1 1/4 c							
Mushroom	1 1/2 c							
Onion	3/3 c							
Pepper	1 c, ch							
Potato	1 m							
Pumpkin	1/2 c							

**FRUITS**

Apple	1 m							
Banana	1 m							
Blueberries	2/3 c							
Cantaloupe (p)	2/3 c							
Grapefruit	1/2 m							
Grapes	1 c							
Lemon	2 m							
Orange	1 m							
Peach	1 m							

	PORTION	M	T	W	T	F	S	S
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**CEREALS AND GRAIN PRODUCTS**

Bread (a)	4 slices							
Cereal (a)	3 1/2 oz							
Flour (a)	1 c							
Oatmeal (i, d)	1 c							
Rice (w)	1/2 c							
Spaghetti (d)	3 1/2 oz							

**DAIRY PRODUCTS**

Butter	6 T							
Cheddar cheese	1/2 c							
Eggs	2 large							
Sour cream	8 T							
Yogurt	1/2 c							

**MEAT AND FISH**

Abalone	3 1/2 oz							
Beef (gr)	3 1/2 oz							
Chicken	3 1/2 oz							
Mackerel	3 1/2 oz							
Meatloaf	3 1/2 oz							
Pork	3 1/2 oz							
Tuna	3 1/2 oz							
Turkey	3 1/2 oz							

**OTHER**

Honey	5 T							
Jello	1/3 c							
Peanut butter	6 T							

Instructions