

# VITAMIN

# K

## What Does Vitamin K Do?

Vitamin K is one of the four fat-soluble vitamins. It plays an important role in the synthesis of proteins responsible for blood clotting and bone and heart health.

### Vitamin K: Recommended Dietary Allowance

Age	Men	Women
19+ years	120 mcg	90 mcg

Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington, DC: The National Academies Press. <https://doi.org/10.17226/11537>.

## Foods That Contain Vitamin K

- Kale
- Swiss Chard
- Spinach
- Collard Greens
- Brussel Sprouts
- Broccoli
- Kiwi
- Prunes
- Green Beans
- Chicken
- Beef Liver



Vitamin K. The Nutrition Source. (2023, March 7). <https://www.hsph.harvard.edu/nutritionsource/vitamin-k/>