

VITAMIN K RICH FOOD

Follow the indications on the recommended amount to consume of the following foods.

Food	Quantity
Lettuce, spinach, cabbage	1 serving
Cauliflower, broccoli, onions	1 serving
Asparagus	1 serving
Green bean, chickpea, peas	1 serving
Soy milk	1 serving
Liver (beef and chicken), loin (pork)	1 serving
Salmon, tuna, trout	1 serving
Avocado	1/4 avocado
Measure each serving with a small bowl or cup.	



CARDIOLOGY SERVICE - ANTICOAGULATION CLINIC

Tel: +60 2 331 9090 ext. 7426 - 7485

cel: 313 799 1462

