

PHYLLOQUINONE:

[FROM THE MIGHT OF THE GREENS, VITAMIN K]



Its Goodness

Vitamin K is a fat-soluble vitamin that is made in small amounts in our bodies. However, we cannot make enough, so we must also eat it in foods to get enough of this mighty nutrient. Vitamin K is used by our bodies to heal wounds and to keep blood vessels and bones healthy. It may help to prevent bone fractures. It is also a part of the blood clotting reaction to stop the bleeding when you cut yourself. This vitamin may also help to regulate blood sugar, decreasing the chance of diabetes.

What to Eat

- Dark leafy greens like spinach, kale and collards
- Asparagus
- Brussel Sprouts
- Parsley
- Cilantro
- Meat (Vitamin K2)
- Eggs (Vitamin K2)

How much to Eat

Eating 1 or 2 servings of dark green vegetables each day will give you enough vitamin K for the day.

Typically 1 serving of dark leafy vegetables is ½ cup

For specific recommendations see: http://hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_vitam_tbl-eng.php



IF YOU TAKE WARFARIN (COUMADIN), TALK TO YOUR HEALTH CARE PROFESSIONAL BEFORE INCREASING YOUR VITAMIN K INTAKE

TIPS TO ↑ VITAMIN K

- Have a side salad with a meal made with dark leafy greens
- Add strawberries or grapes, sunflower seeds to spinach salad and toss in creamy poppy seed dressing!
- Cook with herbs- sprinkle cilantro or parsley over roasted potatoes, add cilantro to your tacos, garnish potato salad with parsley
- Toss asparagus in a olive oil and garlic and grill it on the BBQ

