

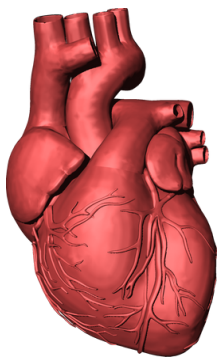
# Vitamin K

## Adequate Intakes (AI)

AGE	MALE (mcg)	FEMALE (mcg)	PREGNANCY (mcg)	LACTATION (mcg)
9-13 yrs	60 mcg	60 mcg		
14-18 yrs	75 mcg	75 mcg	75 mcg	75 mcg
19+ yrs	120 mcg	90 mcg	90 mcg	90 mcg

## Food Sources

- 1/2 cup Collard Greens (530 mcg)
- 1/2 cup Raw Spinach (145 mcg)
- 1 cup Raw Kale (113 mcg)
- 1/2 cup Boiled Broccoli (110 mcg)
- 1/2 cup Soybeans (43 mcg)
- 3/4 cup Carrot Juice (28 mcg)



## Functions of Vitamin K

- Coenzyme that promotes in blood clotting.
- Coenzyme that promotes bone health.
- Prevents a build-up of minerals in soft tissues, like the heart.
- Helps prevent coronary heart disease

## Deficiency

- In extreme cases, excessive bleeding and hemorrhaging occur
- Contributes to osteoporosis because it reduces bone mineralization



## Fun Facts

1

+Vitamin K cannot be absorbed in the body without healthy dietary fats.

+It is rare to reach toxic levels of vitamin K in the body since it is easily broken down and excreted in the urine.

2

3

+Some forms of vitamin K don't come from the diet, but from bacteria in our gut.

+Taking antibiotics can kill some of the bacteria in your gut that produce vitamin K, which can put you at risk for deficiency

4

### SOURCES:

The Harvard School of Public Health

<https://www.hsph.harvard.edu/nutritionsource/vitamin-k/>

The National Institutes of Health

<https://ods.od.nih.gov/factsheets/VitaminK-HealthProfessional/>



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