

VITAMIN K RICH FOODS



Drumstick leaves
(सहजन का साग)
Vitamin K1 - 479 mg



Drumstick
(सहजन की फली)
Vitamin K1 - 358 mg



Gingelly seeds brown
(भूरे तिल)
Vitamin K1 - 113 mg



Broad beans
(चौड़ी सेम)
Vitamin K1 - 93.2 mg



Red gram, whole
(साबूत अरहर)
Vitamin K1 - 91.8 mg

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

VITAMIN K RICH FOODS



Egg, whole, raw
(अण्डा)
Vitamin K2 - 64 mg



Custard apple
(शरीफा)
Vitamin K1 - 58 mg



Soyabean white
(सोयाबीन)
Vitamin K1 - 46.2 mg



Lotus root
(कमल ककड़ी)
Vitamin K1 - 44.5 mg



Jowar
(ज्वार)
Vitamin K1 - 43.8 mg

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Values are per 100 g