The main dietary concern of taking warfarin has to do with the amount of vitamin K in your diet. Vitamin K changes the way warfarin affects the blood. When you eat foods that are high in vitamin K, you can decrease the effect of warfarin. Likewise, eating less vitamin K can increase the effect of the medication.

The key is to try to eat a similar amount of foods that contain vitamin K each day. Don’t make any major changes to your diet without speaking with your doctor. If you want to lose weight, eat a lower fat diet or become a vegetarian, your doctor would want to know about these changes to help manage your warfarin.

Leafy green vegetables have contain higher amounts of vitamin K and one rule of thumb is to suspect that green veggies, cabbages and lettuces are high in Vitamin K. Also certain legumes like peanuts and peas might cause problems. Certain vegetable oils have high amounts of vitamin K.

Foods that are low in vitamin K include roots, bulbs, tubers, some fruits and fruit juices. Cereals, grains and other milled products are low in vitamin K.

Keep in mind that the amount of foods you eat with vitamin K add up. So if you eat a more foods that contain medium amounts of vitamin K in a particular day, your vitamin K intake will be high for that day.

**What about alcohol?**

You should avoid drinking alcohol while taking warfarin because alcohol can change the way your body responds to the medicine. Talk with your doctor about this. He or she may tell you that it's fine to drink alcohol but may want you to have a similar amount of alcohol each day so that your blood levels of warfarin remain stable.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anchovies, fillets</td>
<td>1 each</td>
<td>0.5</td>
</tr>
<tr>
<td>Asparagus, raw</td>
<td>5 spears</td>
<td>33.5</td>
</tr>
<tr>
<td>Asparagus, cooked</td>
<td>5 spears</td>
<td>38.0</td>
</tr>
<tr>
<td>Beans, green, cooked</td>
<td>1 cup</td>
<td>20.0</td>
</tr>
<tr>
<td>Beets, cooked, sliced</td>
<td>1 cup</td>
<td>0.40</td>
</tr>
<tr>
<td>Broccoli, raw, chopped</td>
<td>1 cup</td>
<td>92.5</td>
</tr>
<tr>
<td>Broccoli, cooked, chopped</td>
<td>1 cup</td>
<td>220.2</td>
</tr>
<tr>
<td>Brussels sprouts, cooked</td>
<td>1 cup</td>
<td>218.8</td>
</tr>
<tr>
<td>Brussels sprouts, raw</td>
<td>1 cup</td>
<td>155.8</td>
</tr>
<tr>
<td>Cabbage, Chinese, raw, shredded</td>
<td>1 cup</td>
<td>25.1</td>
</tr>
<tr>
<td>Cabbage, napa, raw, shredded</td>
<td>1 cup</td>
<td>42.0</td>
</tr>
<tr>
<td>Cabbage, red, raw, shredded</td>
<td>1 cup</td>
<td>26.7</td>
</tr>
<tr>
<td>Carrots, raw, strips or slices</td>
<td>1 cup</td>
<td>16.1</td>
</tr>
<tr>
<td>Carrots, cooked, slices</td>
<td>1 cup</td>
<td>21.4</td>
</tr>
<tr>
<td>Cauliflower, raw</td>
<td>1 cup</td>
<td>16.0</td>
</tr>
<tr>
<td>Cauliflower, cooked</td>
<td>1 cup</td>
<td>21.4</td>
</tr>
<tr>
<td>Celery</td>
<td>1 stalk</td>
<td>11.7</td>
</tr>
<tr>
<td>Collard Greens, cooked</td>
<td>1 cup</td>
<td>836.0</td>
</tr>
<tr>
<td>Corn, yellow, cooked</td>
<td>1 cup</td>
<td>0.7</td>
</tr>
<tr>
<td>Corn, yellow, raw</td>
<td>1 cup</td>
<td>0.5</td>
</tr>
<tr>
<td>Cucumber</td>
<td>1 medium</td>
<td>14.5</td>
</tr>
<tr>
<td>Eggplant, raw, cubed</td>
<td>1 cup</td>
<td>2.9</td>
</tr>
<tr>
<td>Eggplant, cooked, cubed</td>
<td>1 cup</td>
<td>2.9</td>
</tr>
<tr>
<td>Endive, raw, chopped</td>
<td>1 cup</td>
<td>115.6</td>
</tr>
<tr>
<td>Fennel</td>
<td>1 bulb</td>
<td>0</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Food Item</th>
<th>Measurement</th>
<th>Nutritional Value (IU)</th>
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</thead>
<tbody>
<tr>
<td>Garlic</td>
<td>3 cloves</td>
<td>0.1</td>
</tr>
<tr>
<td>Kale, raw, chopped</td>
<td>1 cup</td>
<td>547.4</td>
</tr>
<tr>
<td>Leek, raw</td>
<td>1 medium</td>
<td>41.8</td>
</tr>
<tr>
<td>Lettuce, arugula</td>
<td>1/2 cup</td>
<td>10.9</td>
</tr>
<tr>
<td>Lettuce, Boston/Bibb, raw</td>
<td>1 cup</td>
<td>56.3</td>
</tr>
<tr>
<td>Lettuce, green leaf, raw</td>
<td>1 cup</td>
<td>62.5</td>
</tr>
<tr>
<td>Lettuce, red leaf, raw</td>
<td>1 cup</td>
<td>39.3</td>
</tr>
<tr>
<td>Lettuce, Romaine, raw</td>
<td>1 cup</td>
<td>48.2</td>
</tr>
<tr>
<td>Lettuce, Iceberg, raw</td>
<td>1 cup</td>
<td>13.3</td>
</tr>
<tr>
<td>Mushrooms, raw</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Mustard greens, raw, chopped</td>
<td>1 cup</td>
<td>278.5</td>
</tr>
<tr>
<td>Okra, cooked</td>
<td>1 cup</td>
<td>64.0</td>
</tr>
<tr>
<td>Onions, green/scallions, raw</td>
<td>1 cup</td>
<td>207.0</td>
</tr>
<tr>
<td>Onions, white/red/yellow, raw</td>
<td>1 cup</td>
<td>0.6</td>
</tr>
<tr>
<td>Parsley, raw</td>
<td>1 cup</td>
<td>984.0</td>
</tr>
<tr>
<td>Parsnips, cooked</td>
<td>1 cup</td>
<td>1.6</td>
</tr>
<tr>
<td>Peas, green, frozen, cooked</td>
<td>10 oz</td>
<td>60.7</td>
</tr>
<tr>
<td>Peas, green, cooked</td>
<td>1 cup</td>
<td>41.4</td>
</tr>
<tr>
<td>Peas &amp; onions, frozen, cooked</td>
<td>1 cup</td>
<td>21.8</td>
</tr>
<tr>
<td>Peas, sugar snap, cooked</td>
<td>1 cup</td>
<td>40.0</td>
</tr>
<tr>
<td>Pepper, green bell</td>
<td>1 medium</td>
<td>8.8</td>
</tr>
<tr>
<td>Pepper, jalapeno</td>
<td>1 medium</td>
<td>1.4</td>
</tr>
<tr>
<td>Pepper, red bell</td>
<td>1 medium</td>
<td>5.8</td>
</tr>
<tr>
<td>Pepper, red chili, hot</td>
<td>1 each</td>
<td>6.3</td>
</tr>
<tr>
<td>Pepper, yellow sweet</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>Potato, red, cooked</td>
<td>1 medium</td>
<td>4.8</td>
</tr>
<tr>
<td>Potato, white, baked</td>
<td>1 medium</td>
<td>4.7</td>
</tr>
<tr>
<td>Potato, sweet, cooked</td>
<td>1 medium</td>
<td>2.6</td>
</tr>
<tr>
<td>Shallots, chopped</td>
<td>1 Tbsp</td>
<td>0</td>
</tr>
<tr>
<td>Snow peas, raw</td>
<td>1 cup</td>
<td>15.8</td>
</tr>
<tr>
<td>Spaghetti/Marinara sauce</td>
<td>1 cup</td>
<td>34.8</td>
</tr>
<tr>
<td>Spinach, raw</td>
<td>1 cup</td>
<td>144.9</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>1 cup</td>
<td>888.5</td>
</tr>
<tr>
<td>Spinach, frozen</td>
<td>10 oz.</td>
<td>1189.5</td>
</tr>
<tr>
<td>Squash, acorn</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Squash, butternut, cooked, cubed</td>
<td>1 cup</td>
<td>2.0</td>
</tr>
<tr>
<td>Squash, summer, cooked</td>
<td>1 cup</td>
<td>6.3</td>
</tr>
<tr>
<td>Swiss Chard, raw</td>
<td>1 cup</td>
<td>298.8</td>
</tr>
<tr>
<td>Tomato paste</td>
<td>1 Tbsp</td>
<td>1.8</td>
</tr>
<tr>
<td>Tomato, plum</td>
<td>1</td>
<td>4.9</td>
</tr>
<tr>
<td>Tomato, raw</td>
<td>1 medium</td>
<td>9.7</td>
</tr>
<tr>
<td>Tomato sauce, canned, no salt</td>
<td>1 cup</td>
<td>6.8</td>
</tr>
<tr>
<td>Tomatoes, canned, whole</td>
<td>1 cup</td>
<td>7.7</td>
</tr>
<tr>
<td>Tomatoes, cherry</td>
<td>1 cup</td>
<td>11.8</td>
</tr>
<tr>
<td>Tomatoes, sun-dried</td>
<td>1 Cup</td>
<td>23.2</td>
</tr>
<tr>
<td>Turnips, cooked</td>
<td>1 cup</td>
<td>0.2</td>
</tr>
<tr>
<td>Turnip greens, raw</td>
<td>1 cup</td>
<td>138.1</td>
</tr>
<tr>
<td>Watercress, raw</td>
<td>1 cup</td>
<td>85.0</td>
</tr>
<tr>
<td>Zucchini, cooked</td>
<td>1 cup</td>
<td>7.6</td>
</tr>
</tbody>
</table>
### Fruits

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, with peel</td>
<td>1 medium</td>
<td>3.0</td>
</tr>
<tr>
<td>Apple, peeled</td>
<td>1 medium</td>
<td>0.8</td>
</tr>
<tr>
<td>Applesauce</td>
<td>1 cup</td>
<td>1.5</td>
</tr>
<tr>
<td>Avocado</td>
<td>1/4</td>
<td>10.5</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>0.6</td>
</tr>
<tr>
<td>Blackberries</td>
<td>1 cup</td>
<td>28.5</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 cup</td>
<td>28.0</td>
</tr>
<tr>
<td>Cantaloupe, cubed</td>
<td>1 cup</td>
<td>4.0</td>
</tr>
<tr>
<td>Cherries, no pits</td>
<td>1 cup</td>
<td>3.0</td>
</tr>
<tr>
<td>Cranberries, dried</td>
<td>1/3 cup</td>
<td>1.5</td>
</tr>
<tr>
<td>Cranberries, raw</td>
<td>1/3 cup</td>
<td>1.9</td>
</tr>
<tr>
<td>Currants</td>
<td>1/2 cup</td>
<td>0</td>
</tr>
<tr>
<td>Grapes, red/green, seedless</td>
<td>1 cup</td>
<td>23.4</td>
</tr>
<tr>
<td>Kiwi fruit</td>
<td>1 medium</td>
<td>30.6</td>
</tr>
<tr>
<td>Lemon</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>Lime</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>Mango</td>
<td>1 cup</td>
<td>6.9</td>
</tr>
<tr>
<td>Melon, cantaloupe, diced</td>
<td>1 cup</td>
<td>3.9</td>
</tr>
<tr>
<td>Melon, honeydew, diced</td>
<td>1 cup</td>
<td>4.9</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>Orange peel</td>
<td>1 tsp.</td>
<td>0</td>
</tr>
<tr>
<td>Peach</td>
<td>1 medium</td>
<td>2.5</td>
</tr>
<tr>
<td>Pear</td>
<td>1 medium</td>
<td>7.5</td>
</tr>
<tr>
<td>Pineapple, fresh, diced</td>
<td>1 cup</td>
<td>1.1</td>
</tr>
<tr>
<td>Plum</td>
<td>1 each</td>
<td>4.2</td>
</tr>
<tr>
<td>Prunes, dried</td>
<td>2 each</td>
<td>10.0</td>
</tr>
<tr>
<td>Pumpkin, canned</td>
<td>1 cup</td>
<td>39.2</td>
</tr>
<tr>
<td>Raisins</td>
<td>1/2 cup</td>
<td>2.5</td>
</tr>
<tr>
<td>Strawberries, fresh, sliced</td>
<td>1 cup</td>
<td>3.2</td>
</tr>
<tr>
<td>Watermelon, fresh, cubed</td>
<td>1 cup</td>
<td>0.2</td>
</tr>
</tbody>
</table>

### Meats

<table>
<thead>
<tr>
<th>Meat</th>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon, pork, cooked</td>
<td>2 strips</td>
<td>0</td>
</tr>
<tr>
<td>Beef, cooked, lean</td>
<td>3.5 ounces</td>
<td>1.5</td>
</tr>
<tr>
<td>Beef, ground, fried, lean</td>
<td>3.5 ounces</td>
<td>1.4</td>
</tr>
<tr>
<td>Beef stock</td>
<td>1 cup</td>
<td>0.2</td>
</tr>
<tr>
<td>Chicken, cooked, breast, no skin</td>
<td>3.5 ounces</td>
<td>0.3</td>
</tr>
<tr>
<td>Chicken stock</td>
<td>1 cup</td>
<td>0.5</td>
</tr>
<tr>
<td>Clams, canned, chopped</td>
<td>1 can</td>
<td>0.3</td>
</tr>
<tr>
<td>Clams, fresh</td>
<td>3.5 ounces</td>
<td>0</td>
</tr>
<tr>
<td>Crabmeat, cooked</td>
<td>1 cup</td>
<td>0.1</td>
</tr>
<tr>
<td>Fish, cod, cooked</td>
<td>3.5 ounces</td>
<td>0.1</td>
</tr>
<tr>
<td>Fish, grouper, cooked</td>
<td>3.5 ounces</td>
<td>0</td>
</tr>
<tr>
<td>Fish, haddock, cooked</td>
<td>3.5 ounces</td>
<td>0</td>
</tr>
<tr>
<td>Fish, halibut, cooked</td>
<td>3.5 ounces</td>
<td>0</td>
</tr>
<tr>
<td>Fish, salmon, cooked</td>
<td>3.5 ounces</td>
<td>0</td>
</tr>
<tr>
<td>Fish, sole, cooked</td>
<td>3.5 ounces</td>
<td>0.1</td>
</tr>
<tr>
<td>Fish, tuna, cooked</td>
<td>3.5 ounces</td>
<td>0</td>
</tr>
<tr>
<td>Fish, tuna, canned</td>
<td>3.5 ounces</td>
<td>2.5</td>
</tr>
<tr>
<td>Lamb, cooked</td>
<td>3.5 ounces</td>
<td>0</td>
</tr>
<tr>
<td>Liver, beef, cooked</td>
<td>3.5 ounces</td>
<td>3.3</td>
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</table>
### Starches

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel</td>
<td>1 whole</td>
<td>0</td>
</tr>
<tr>
<td>Biscuit</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Bread, white/wheat/rye</td>
<td>1 slice</td>
<td>0.8</td>
</tr>
<tr>
<td>Bulgar, cooked</td>
<td>1 cup</td>
<td>0.9</td>
</tr>
<tr>
<td>Cornbread</td>
<td>1 piece – 2.5 x 2.5-inch</td>
<td>0</td>
</tr>
<tr>
<td>Cornmeal, blue</td>
<td>100 grams</td>
<td>0</td>
</tr>
<tr>
<td>Cornmeal, yellow</td>
<td>1 cup</td>
<td>0.4</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Couscous, cooked</td>
<td>1 cup</td>
<td>0.2</td>
</tr>
<tr>
<td>Crackers, saltine</td>
<td>4 squares</td>
<td>0</td>
</tr>
<tr>
<td>Crackers, graham</td>
<td>2 squares</td>
<td>0.8</td>
</tr>
<tr>
<td>Croutons, plain</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>English muffin</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Flour</td>
<td>1 cup</td>
<td>0.4</td>
</tr>
<tr>
<td>Grits, cooked</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Melba toast, plain</td>
<td>1 cup, rounds</td>
<td>0.3</td>
</tr>
<tr>
<td>Pasta, dry</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>Rice, white &amp; brown, cooked</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Rice, wild, cooked</td>
<td>1 cup</td>
<td>0.8</td>
</tr>
<tr>
<td>Tortilla, corn, 6-inch</td>
<td>1 each</td>
<td>0</td>
</tr>
<tr>
<td>Tortilla, flour, 6-inch</td>
<td>1 each</td>
<td>1.0</td>
</tr>
</tbody>
</table>

### Cereals

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley, dry</td>
<td>1/4 cup</td>
<td>1.0</td>
</tr>
<tr>
<td>Cereal, oatmeal</td>
<td>1 cup</td>
<td>1.2</td>
</tr>
<tr>
<td>Cereal, cream of wheat</td>
<td>1 cup</td>
<td>0.3</td>
</tr>
<tr>
<td>Grits, cooked</td>
<td>1 cup</td>
<td>0</td>
</tr>
</tbody>
</table>

### Legumes and Beans

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>Bean sprouts, mungo, fresh</td>
<td>1 cup</td>
<td>34.3</td>
</tr>
<tr>
<td>Beans, black, dried, cooked</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Beans, garbanzo, canned</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Beans, great northern, dried, cooked</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Beans, great northern, canned</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Beans, kidney, dried, cooked</td>
<td>1 cup</td>
<td>14.9</td>
</tr>
<tr>
<td>Beans, kidney, canned</td>
<td>1 cup</td>
<td>5.6</td>
</tr>
<tr>
<td>Beans, red kidney, dried, cooked</td>
<td>1 cup</td>
<td>5.8</td>
</tr>
<tr>
<td>Beans, red kidney, canned</td>
<td>1 cup</td>
<td>10.5</td>
</tr>
<tr>
<td>Beans, lima, dried, cooked</td>
<td>1 cup</td>
<td>3.8</td>
</tr>
<tr>
<td>Beans, navy, dried, cooked</td>
<td>1 cup</td>
<td>1.1</td>
</tr>
<tr>
<td>Beans, navy, canned</td>
<td>1 cup</td>
<td>7.6</td>
</tr>
<tr>
<td>Beans, pinto, dried, cooked</td>
<td>1 cup</td>
<td>6.0</td>
</tr>
<tr>
<td>Beans, pinto, canned</td>
<td>1 cup</td>
<td>5.3</td>
</tr>
<tr>
<td>----------------------</td>
<td>-------</td>
<td>------</td>
</tr>
<tr>
<td>Cashews</td>
<td>1/2 cup</td>
<td>23.8</td>
</tr>
<tr>
<td>Lentils, dry, cooked</td>
<td>1/4 cup</td>
<td>3.4</td>
</tr>
<tr>
<td>Peanuts</td>
<td>2 Tbsp</td>
<td>0</td>
</tr>
<tr>
<td>Peanut butter, low fat</td>
<td>1/4 cup</td>
<td>0</td>
</tr>
<tr>
<td>Pecans, chopped</td>
<td>1 cup</td>
<td>3.8</td>
</tr>
<tr>
<td>Pine nuts</td>
<td>1 oz</td>
<td>15.3</td>
</tr>
<tr>
<td>Pistachio nuts</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Soybeans (ddamame)</td>
<td>1 cup</td>
<td>87.4</td>
</tr>
<tr>
<td>Tahini</td>
<td>1 Tbsp</td>
<td>0</td>
</tr>
<tr>
<td>Tofu</td>
<td>3.5 oz</td>
<td>0</td>
</tr>
<tr>
<td>Walnuts, chopped</td>
<td>1 cup</td>
<td>3.2</td>
</tr>
</tbody>
</table>

### Dairy

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttermilk, non-fat</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cheese, blue</td>
<td>1 oz</td>
</tr>
<tr>
<td>Cheese, cheddar</td>
<td>1 oz</td>
</tr>
<tr>
<td>Cheese, cheddar, reduced fat</td>
<td>1 oz</td>
</tr>
<tr>
<td>Cheese, cottage</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cheese, feta</td>
<td>1 oz</td>
</tr>
<tr>
<td>Cheese, fontina</td>
<td>1 oz</td>
</tr>
<tr>
<td>Cheese, goat</td>
<td>1 oz</td>
</tr>
<tr>
<td>Cheese, monteray</td>
<td>1 oz</td>
</tr>
<tr>
<td>Cheese, mozzarella, part skim</td>
<td>1 oz</td>
</tr>
<tr>
<td>Cheese, parmesan</td>
<td>1 oz</td>
</tr>
<tr>
<td>Cheese, ricotta, reduced fat</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cheese, swiss, low fat</td>
<td>1 oz</td>
</tr>
<tr>
<td>Egg, whole, large</td>
<td>1 each</td>
</tr>
<tr>
<td>Egg, white, large</td>
<td>1 each</td>
</tr>
<tr>
<td>Egg, yolk large</td>
<td>1 each</td>
</tr>
<tr>
<td>Egg substitute</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk, 2 percent</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk, dry, non-fat</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk, coconut</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk, evaporated, non-fat</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk, dry, non fat</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk, soy</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk, whole</td>
<td>1 cup</td>
</tr>
<tr>
<td>Sour cream, non fat</td>
<td>1 cup</td>
</tr>
<tr>
<td>Yogurt, plain, low-fat</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

### Beverages

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer</td>
<td>12 oz</td>
</tr>
<tr>
<td>Bourbon</td>
<td>1 oz</td>
</tr>
<tr>
<td>Carbonated soda</td>
<td>12 oz</td>
</tr>
<tr>
<td>Coffee, brewed</td>
<td>1 cup</td>
</tr>
<tr>
<td>Coffee, instant, granules</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Grapefruit juice</td>
<td>1 cup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 oz</td>
</tr>
<tr>
<td>Lime juice</td>
<td>1 oz</td>
</tr>
<tr>
<td>Orange juice</td>
<td>1 cup</td>
</tr>
<tr>
<td>Sake</td>
<td>1 oz</td>
</tr>
<tr>
<td>Tea, brewed</td>
<td>1 cup</td>
</tr>
<tr>
<td>Food</td>
<td>Serving Size</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Tomato juice, canned, no salt</td>
<td>1 cup</td>
</tr>
<tr>
<td>V-8 juice</td>
<td>1 cup</td>
</tr>
<tr>
<td>Vodka</td>
<td>1 oz</td>
</tr>
<tr>
<td>Wine</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fats</th>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>1 tsp.</td>
<td>0.3</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>1 Tbsp.</td>
<td>0.4</td>
</tr>
<tr>
<td>Mayonnaise, reduced calorie</td>
<td>1 Tbsp.</td>
<td>3.6</td>
</tr>
<tr>
<td>Oil, canola</td>
<td>1 tsp.</td>
<td>5.5</td>
</tr>
<tr>
<td>Oil, corn</td>
<td>1 tsp.</td>
<td>0.1</td>
</tr>
<tr>
<td>Oil, grapeseed</td>
<td>1 tsp.</td>
<td>0</td>
</tr>
<tr>
<td>Oil, olive</td>
<td>1 tsp.</td>
<td>2.7</td>
</tr>
<tr>
<td>Oil, peanut</td>
<td>1 tsp.</td>
<td>0</td>
</tr>
<tr>
<td>Oil, safflower</td>
<td>1 tsp.</td>
<td>0.3</td>
</tr>
<tr>
<td>Oil, sesame</td>
<td>1 tsp.</td>
<td>0.6</td>
</tr>
<tr>
<td>Oil, soybean</td>
<td>1 tsp.</td>
<td>8.9</td>
</tr>
<tr>
<td>Sour cream</td>
<td>1 Tbsp.</td>
<td>0.1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Misc.</th>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allspice</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Baking soda</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Basil, fresh</td>
<td>5 leaves</td>
<td>10.4</td>
</tr>
<tr>
<td>Bay leaves, crushed</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Capers</td>
<td>1 Tbsp</td>
<td>2.1</td>
</tr>
<tr>
<td>Cardomom, ground</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Celery Seed</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Chili powder</td>
<td>1 tsp</td>
<td>2.7</td>
</tr>
<tr>
<td>Chives</td>
<td>1 Tbsp</td>
<td>6.4</td>
</tr>
<tr>
<td>Cilantro, fresh</td>
<td>9 sprigs</td>
<td>62.0</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>1 tsp</td>
<td>0.7</td>
</tr>
<tr>
<td>Cloves, ground</td>
<td>1 tsp</td>
<td>3.0</td>
</tr>
<tr>
<td>Cumin, seed</td>
<td>1 tsp</td>
<td>0.1</td>
</tr>
<tr>
<td>Curry powder</td>
<td>1 tsp</td>
<td>2.0</td>
</tr>
<tr>
<td>Dill, fresh</td>
<td>5 sprigs</td>
<td>0</td>
</tr>
<tr>
<td>Garlic powder</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Gelatin, dry, unflavored</td>
<td>1 envelope</td>
<td>0</td>
</tr>
<tr>
<td>Ginger, ground</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Ginger root</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Ketchup</td>
<td>1 Tbsp</td>
<td>0.3</td>
</tr>
<tr>
<td>Marjoram, ground</td>
<td>1 tsp</td>
<td>3.7</td>
</tr>
<tr>
<td>Mint</td>
<td>2 Tbsp</td>
<td>0</td>
</tr>
<tr>
<td>Mustard</td>
<td>1 Tbsp</td>
<td>0.4</td>
</tr>
<tr>
<td>Mustard, seed</td>
<td>1 tsp</td>
<td>0.2</td>
</tr>
<tr>
<td>Nutmeg, ground</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Olives, ripe, canned</td>
<td>3.5 oz</td>
<td>1.4</td>
</tr>
<tr>
<td>Oregano, dried</td>
<td>1 tsp</td>
<td>6.2</td>
</tr>
<tr>
<td>Paprika</td>
<td>1 tsp</td>
<td>1.7</td>
</tr>
<tr>
<td>Pepper</td>
<td>1 tsp</td>
<td>3.4</td>
</tr>
<tr>
<td>Pepper, red, ground</td>
<td>1 tsp</td>
<td>1.4</td>
</tr>
<tr>
<td>Pickle, dill</td>
<td>1 medium</td>
<td>11.9</td>
</tr>
<tr>
<td>Pickle, gherkin</td>
<td>1 medium</td>
<td>19.1</td>
</tr>
<tr>
<td>Relish</td>
<td>1 Tbsp</td>
<td>2.5</td>
</tr>
<tr>
<td>----------------------</td>
<td>--------</td>
<td>-----</td>
</tr>
<tr>
<td>Rosemary</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Saffron</td>
<td>1 Tbsp</td>
<td>0</td>
</tr>
<tr>
<td>Sage, ground</td>
<td>1 tsp</td>
<td>12.0</td>
</tr>
<tr>
<td>Salt</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Sesame seeds</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>1 Tbsp</td>
<td>0</td>
</tr>
<tr>
<td>Tarragon, dried</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Tabasco sauce</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Thyme, dried</td>
<td>1 tsp</td>
<td>24.0</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Vinegar</td>
<td>1 Cup</td>
<td>0</td>
</tr>
<tr>
<td>Wasabi root</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>1 Tbsp</td>
<td>0.2</td>
</tr>
<tr>
<td>Yeast, dry, active</td>
<td>1 tsp</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sweets</th>
<th>Serving Size</th>
<th>mcg per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate, bakers, bittersweet</td>
<td>1 square</td>
<td>2.8</td>
</tr>
<tr>
<td>Chocolate syrup</td>
<td>2 Tbsp</td>
<td>0.1</td>
</tr>
<tr>
<td>Cocoa, dry, powered</td>
<td>2 Tbsp</td>
<td>0</td>
</tr>
<tr>
<td>Gelatin, fruit flavored</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Graham crackers</td>
<td>2-1/2 square</td>
<td>0.3</td>
</tr>
<tr>
<td>Maple syrup</td>
<td>1 Tbsp</td>
<td>0</td>
</tr>
<tr>
<td>Pie, apple</td>
<td>1 piece</td>
<td>4.4</td>
</tr>
<tr>
<td>Pudding</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Sherbet</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>Splenda</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Sugar, white or brown</td>
<td>1 Tbsp.</td>
<td>0</td>
</tr>
<tr>
<td>Honey</td>
<td>1 Tbsp.</td>
<td>0</td>
</tr>
<tr>
<td>Jam/jelly</td>
<td>1 Tbsp.</td>
<td>0</td>
</tr>
<tr>
<td>Jam/jelly, apricot</td>
<td>1 Tbsp</td>
<td>0.1</td>
</tr>
<tr>
<td>Wafer, chocolate</td>
<td>1 each</td>
<td>0.1</td>
</tr>
</tbody>
</table>