

# Foods High in Vitamins K1 and K2

<b>Vitamin K1 (phylloquinone)</b>	<b>Vitamin K2 (menaquinones)</b>
Dark, Leafy Greens	Fermented Foods
Kale	Sauerkraut
Swiss Chard	Natto
Parsley	Kimchi
Broccoli	Kombucha
Spinach	High-fat Dairy
Soybean Oil	Eggs
Canola Oil	Animal Organs
Olive Oil	Made by our gut bacteria

Chart Date 10/16/21

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