

# Vitamin K

## Why do we need Vitamin K in our diets?

Vitamin K is one of the fat-soluble vitamins used in the body by important proteins involved in blood clotting, wound healing and bone health. It also has potential health benefits linked to the kidneys, heart health and the blood vessels.

There are different types of Vitamin K, and plant foods contain Vitamin K1. Vitamin K2 foods are mainly animal products, such as dairy foods, but it is not essential for us to consume it in this form, as our gut bacteria can make Vitamin K1 into Vitamin K2.

## Where do vegans get Vitamin K?

Vitamin K-rich foods include green leafy vegetables such as Brussels sprouts, kale, cabbage, broccoli, spinach, spring greens, vegetable oils such as soybean and canola oil, onions, spring onions and kiwi fruit.

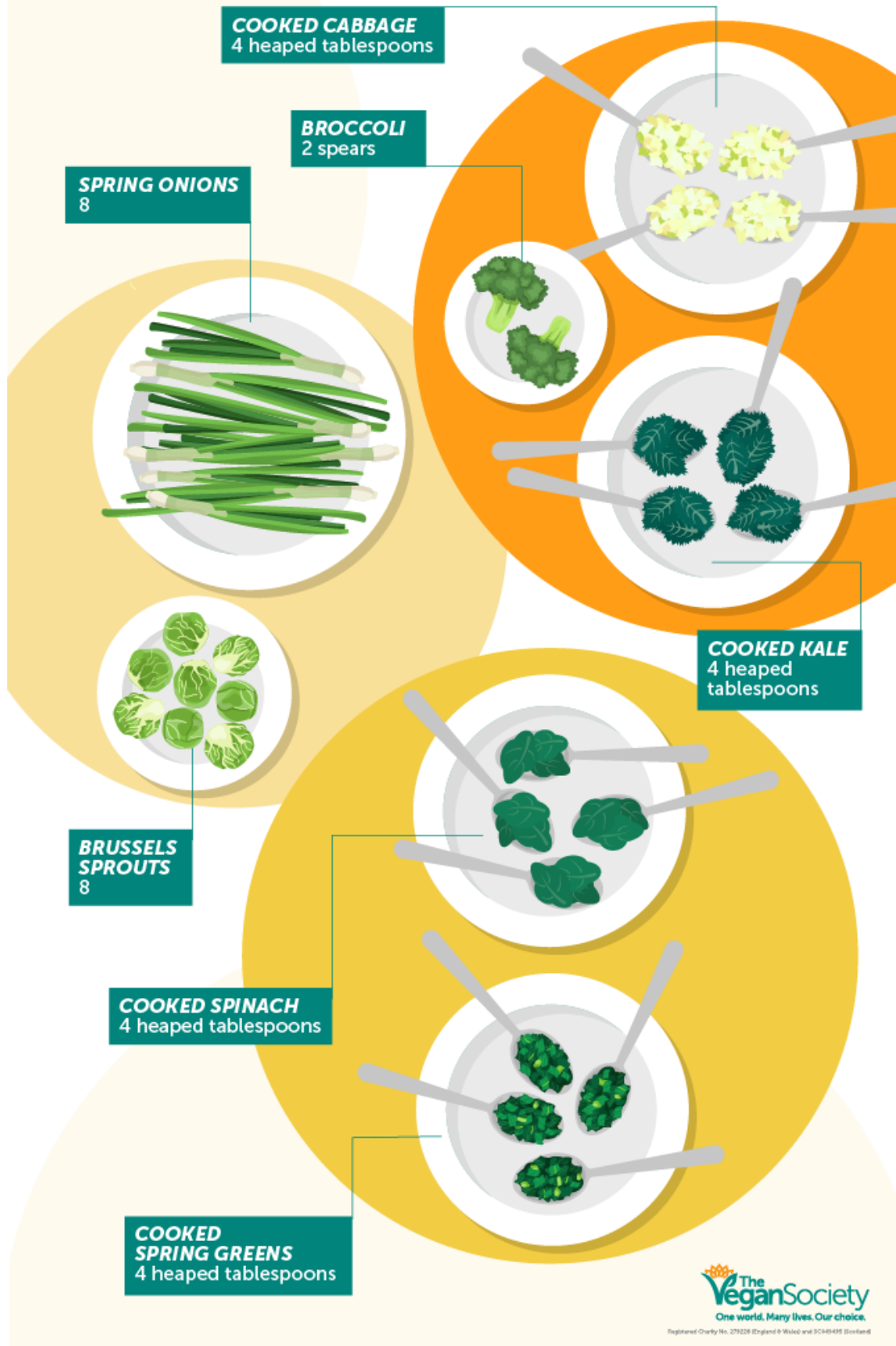
You can absorb Vitamin K and other fat-soluble vitamins more efficiently by combining these foods with a source of fat.

Vegan Vitamin K2 can only be found in natto, a food made of fermented soybeans.

Vitamin K deficiency is rare, and usually as a result of other health conditions, so dietary Vitamin K supplements are not routinely recommended.

# VITAMIN K

**MEAL PLANNING TIP:** eat leafy green vegetables daily for vitamin K



## Vitamin K tips to take away:

- Include a leafy green vegetable with your meals such as broccoli, cabbage, spring onions and kale.
- Add a small portion of healthy fat such as olive oil, salad dressing containing vegetable oil or vegan spread with these foods to help your body absorb Vitamin K.

## Further information

You might be interested to check out the following webpages at [www.vegansociety.com](http://www.vegansociety.com):

- [Nutrition overview](#) – information to help you ensure that your overall diet is balanced and varied
- [Life stages](#) – information about pregnancy, breastfeeding and different age groups, including older adults
- [Meal planning.](#)

## References

1. NHS. *Vitamin K*; 2020 <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-a/> (accessed 5 June 2024)
2. Vegan Health, *Vitamin K*; 2020 <https://veganhealth.org/vitamin-a/> (accessed 5 June 2024)

*These are general guidelines about nutrition. If you have concerns about your diet, please talk to your doctor about seeing a dietitian.*