

Table 2. Mean of K vitamins ($\mu\text{g}/100\text{ g}$ or $\mu\text{g}/100\text{ ml}$) in various foods

Type of food	n	K ₁	MK-4	MK-5	MK-6	MK-7	MK-8	MK-9
<i>Meat</i>								
Beef	7	0.6 (0.6–0.7)	1.1 (0.7–1.3)	–	–	–	–	–
Chicken breast	7	–	8.9 (6.4–11.3)	–	–	–	–	–
Chicken leg	7	–	8.5 (5.8–10.5)	–	–	–	–	–
Pork steak	7	0.3 (0.2–0.4)	2.1 (1.7–2.4)	–	–	0.5 (0.4–0.7)	1.1 (0.9–1.2)	–
Pork liver	7	0.2 (0.1–0.3)	0.3 (0.3–0.4)	–	–	–	–	–
Minced meat	7	2.4 (2.2–2.5)	6.7 (6.5–6.7)	–	–	–	–	–
Salami	7	2.3 (2.1–2.5)	9.0 (8.2–10.1)	–	–	–	–	–
Luncheon meat	7	3.9 (3.8–4.2)	7.7 (7.4–9.1)	–	–	–	–	–
Hare leg	7	4.8 (4.5–5.3)	0.1 (0.0–0.2)	–	–	–	–	–
Deer back	7	2.0 (1.9–2.2)	0.7 (0.6–0.7)	–	–	–	–	–
Goose leg	5	4.1 (3.5–4.8)	31.0 (28.2–33.1)	–	–	–	–	–
Goose liver paste	5	10.9 (9.3–12.1)	369 (317–419)	–	–	–	–	–
Duck breast	7	1.9 (1.7–2.2)	3.6 (3.3–3.9)	–	–	–	–	–
<i>Fish</i>								
Prawn	7	0.1 (0.0–0.1)	–	–	–	–	–	–
Mackerel	7	2.2 (1.8–2.6)	0.4 (0.3–0.5)	–	–	–	–	–
Herring	7	0.1 (0.0–0.2)	–	–	–	–	–	–
Plaice	7	–	0.2 (0.1–0.3)	–	0.3 (0.2–0.3)	0.1 (0.0–0.1)	1.6 (1.3–1.8)	–
Eel	7	0.3 (0.2–0.5)	1.7 (1.4–2.1)	–	0.1 (0.0–0.2)	0.4 (0.2–0.6)	–	–
Salmon	7	0.1 (0.1–0.2)	0.5 (0.4–0.6)	–	–	–	–	–
<i>Fruits and vegetables</i>								
Kale	4	817 (752–881)	–	–	–	–	–	–
Spinach	6	387 (299–429)	–	–	–	–	–	–
Broccoli	5	156 (139–189)	–	–	–	–	–	–
Green peas	4	36.0 (31.2–39.4)	–	–	–	–	–	–
Sauerkraut	7	25.1 (23.8–27.5)	0.4 (0.3–0.5)	0.8 (0.6–1.0)	1.5 (1.4–1.6)	0.2 (0.1–0.3)	0.8 (0.6–0.9)	1.1 (0.9–1.3)
Natto	5	34.7 (31.2–36.7)	–	7.5 (7.1–7.8)	13.8 (12.7–14.8)	998 (882–1,034)	84.1 (78.3–89.8)	–
Banana	4	0.3 (0.2–0.4)	–	–	–	–	–	–
Apple	4	3.0 (2.7–3.4)	–	–	–	–	–	–
Orange	4	0.1 (0.1–0.2)	–	–	–	–	–	–



Table 2 (continued)

Type of food	n	K ₁	MK-4	MK-5	MK-6	MK-7	MK-8	MK-9
<i>Dairy produce</i>								
Whole milk	6	0.5 (0.4–0.6)	0.8 (0.7–0.9)	0.1 (0.0–0.1)	–	–	–	–
Skimmed milk	6	–	–	–	–	–	–	–
Buttermilk	6	–	0.2 (0.2–0.3)	0.1 (0.1–0.2)	0.1 (0.0–0.2)	0.1 (0.1–0.3)	0.6 (0.5–0.6)	1.4 (1.2–1.6)
Whole yoghurt	6	0.4 (0.3–0.5)	0.6 (0.5–0.7)	0.1 (0.0–0.2)	–	–	0.2 (0.2–0.3)	–
Skimmed yoghurt	6	–	–	–	–	–	0.1 (0.0–0.2)	–
Whipping cream	6	5.1 (4.9–5.5)	5.4 (5.2–5.6)	–	–	–	–	–
Chocolate	6	6.6 (6.4–6.7)	1.5 (1.4–1.6)	–	–	–	–	–
Hard cheeses	15	10.4 (9.4–12.1)	4.7 (4.2–6.6)	1.5 (1.3–1.7)	0.8 (0.6–1.0)	1.3 (1.1–1.5)	16.9 (14.9–18.2)	51.1 (45.3–54.9)
Soft cheeses	15	2.6 (2.4–2.9)	3.7 (3.3–3.9)	0.3 (0.2–0.4)	0.5 (0.6–0.7)	1.0 (0.9–1.1)	11.4 (10.7–12.2)	39.6 (35.1–42.7)
Curd cheese	12	0.3 (0.2–0.4)	0.4 (0.3–0.6)	0.1 (0.0–0.2)	0.2 (0.1–0.3)	0.3 (0.2–0.5)	5.1 (4.8–5.4)	18.7 (18.1–19.2)
Egg yolk	8	2.1 (1.9–2.3)	31.4 (29.1–33.5)	–	0.7 (0.6–0.8)	–	–	–
Egg albumen	8	–	0.9 (0.8–1.0)	–	–	–	–	–
<i>Oils and margarines</i>								
Margarine	6	93.2 (85.6–98.3)	–	–	–	–	–	–
Butter	6	14.9 (13.2–15.9)	15.0 (13.5–15.9)	–	–	–	–	–
Corn oil	6	2.9 (2.7–3.1)	–	–	–	–	–	–
Sunflower oil	6	5.7 (5.5–5.9)	–	–	–	–	–	–
Olive oil	6	53.7 (49.9–57.2)	–	–	–	–	–	–
<i>Bread</i>								
Rue bread	6	0.7 (0.5–0.9)	–	–	–	–	–	–
Wheaten bread	6	1.1 (1.0–1.2)	–	–	–	–	–	–
Sourdough bread	6	1.0 (0.9–1.1)	–	–	–	–	–	–
Buckwheat bread	6	3.0 (2.8–3.4)	–	–	–	1.1 (1.0–1.2)	–	–
<i>Beverages</i>								
Tea	4	0.3 (0.2–0.4)	–	–	–	–	–	–
Coffee	4	–	–	–	–	–	–	–
Orange juice	4	–	–	–	–	–	–	–

All samples were assessed in duplicate. Values are mean values. Highest and lowest values are given in parentheses. Foods were bought from shops in and around Maastricht. MK-10 was not detectable in any of the foods. N = Number of different samples tested; – = not detectable.