

Press Release
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Vitamin K

Vitamin K is one of the thirteen vitamins essential to humans. In addition to A, C, D, E, and eight B vitamins, thiamin, riboflavin, niacin, pantothenic acid, B6, B12, folacin and biotin, Vitamin K is just as necessary.

One of the most important functions of Vitamin K is the clotting of blood. Studies also show that it plays an important role in the incorporation of calcium into the bones in the elderly.

Fortunately, deficiencies of this fat soluble vitamin are almost unknown because it is an important tool for total wellness. However, long-term use (months or more) of antibiotics can cause deficiencies. Severe Vitamin K deficiency could result in bleeding, bruises and decreased calcium in bones.

Vitamin K occurs in two forms. One is naturally produced in your intestine, where your body automatically receives half of the Vitamin K you need. The second form of Vitamin K occurs in plants.

Good sources of Vitamin K are cabbage, cauliflower, spinach and other leafy vegetables, cereals, soybean and other vegetable oils.

It is estimated that women need 90 micrograms and men need 120 micrograms of Vitamin K daily. One cup of raw spinach contains 145 micrograms of Vitamin K.

A note of caution: if you are taking blood-thinning or anticoagulants check with your doctor about eating these foods.

Overnight Coleslaw

2 ½ cups shredded green cabbage (1 medium head)
2 ½ cups shredded red cabbage (1 medium head)
1 medium green pepper, chopped
½ cup vegetable oil
¼ cup white wine vinegar
1 tbsp sugar
1 tsp celery seeds
½ tsp celery salt
½ tsp onion salt
½ tsp salt
½ tsp pepper

Combine cabbage and green pepper in a large mixing bowl. Combine remaining ingredients in a jar; stir until well dissolved.

Pour dressing over cabbage mixture, stirring well. Chill overnight; Yield 8-10 servings.