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/ Sorghum Flour, Whole Grain

## Vitamin K in Sorghum Flour, Whole Grain

There is **7.74 mcg of Vitamin K** in 1.0 cup of Sorghum flour, whole-grain.

**i** The recommended USDA amount of Vitamin K for adults 19 and older is **90 mcg/day**.

### Based on the Vitamin K content, how much can I safely consume in one day?

What does this chart mean?

While on Warfarin, you should consume the same amount of Vitamin K daily. The USDA recommends that adults get 90 mcg of vitamin k daily.

If the only thing you ate today were Sorghum flour, whole-grain. You would have to eat **11.63 cups** in order to get your **100%** recommended daily value of **90mcg of Vitamin K**.

Similarly, in order to get **50%** (45mcg) of your daily recommended value of Vitamin K. You would have to eat **5.81 cups** of Sorghum flour, whole-grain.

Additionally, you would have to eat **2.91 cups** of Sorghum flour, whole-grain to get **25%** (22.5mcg) of your recommended daily Vitamin K.

Food Name	Measure	Vitamin K (mcg)
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## How does the Vitamin K content in Sorghum flour, whole-grain compare with other foods?

Here are some examples of foods that compare with Sorghum flour, whole-grain.

To view more foods in other food categories, visit the [Vitamin K Food Database \(/nutrients\)](/nutrients).

### Other Cereal Grains and Pasta vs. Sorghum flour, whole-grain

Food Name	Measure	Vitamin K (mcg)
<b>Sorghum Flour, Whole Grain</b>	<b>1 cup</b>	<b>7.74</b>
Rye flour, dark ( <a href="/nutrients/vitamin-k-in-rye-flour-dark">/nutrients/vitamin-k-in-rye-flour-dark</a> )	1 cup	7.55
Buckwheat flour, whole-groat ( <a href="/nutrients/vitamin-k-in-buckwheat-flour-whole-groat">/nutrients/vitamin-k-in-buckwheat-flour-whole-groat</a> )	1 cup	8.4
Spelt, uncooked ( <a href="/nutrients/vitamin-k-in-spelt-uncooked">/nutrients/vitamin-k-in-spelt-uncooked</a> )	1 cup	6.26
Rice, white, long-grain, parboiled, unenriched, cooked ( <a href="/nutrients/vitamin-k-in-rice-white-long-grain-parboiled-unenriched-cooked">/nutrients/vitamin-k-in-rice-white-long-grain-parboiled-unenriched-cooked</a> )	1 cup	0.0
Wheat flour, white, cake, enriched ( <a href="/nutrients/vitamin-k-in-wheat-flour-white-cake-enriched">/nutrients/vitamin-k-in-wheat-flour-white-cake-enriched</a> )	1 cup unsifted, dipped	0.41
Rice, white, glutinous, cooked ( <a href="/nutrients/vitamin-k-in-rice-white-glutinous-cooked">/nutrients/vitamin-k-in-rice-white-glutinous-cooked</a> )	1 cup	0.0
Corn flour, whole-grain, yellow ( <a href="/nutrients/vitamin-k-in-corn-flour-whole-grain-yellow">/nutrients/vitamin-k-in-corn-flour-whole-grain-yellow</a> )	1 cup	0.35

Food Name	Measure	Vitamin K (mcg)
Wheat flour, white, all-purpose, self-rising, enriched (/nutrients/vitamin-k-in-wheat-flour-white-all-purpose-self-rising-enriched)	1 cup	0.38
Corn grain, yellow (/nutrients/vitamin-k-in-corn-grain-yellow)	1 cup	0.5
Noodles, egg, spinach, cooked, enriched (/nutrients/vitamin-k-in-noodles-egg-spinach-cooked-enriched)	1 cup	161.76
Spaghetti, spinach, dry (/nutrients/vitamin-k-in-spaghetti-spinach-dry)	1 oz	43.18
Buckwheat flour, whole-groat (/nutrients/vitamin-k-in-buckwheat-flour-whole-groat)	1 cup	8.4
Rye grain (/nutrients/vitamin-k-in-rye-grain)	1 cup	9.97

## Fast Foods vs. Sorghum flour, whole-grain

Food Name	Measure	Vitamin K (mcg)
<b>Sorghum Flour, Whole Grain</b>	<b>1 cup</b>	<b>7.74</b>
Fast foods, taco with chicken, lettuce and cheese, soft (/nutrients/vitamin-k-in-fast-foods-taco-with-chicken-lettuce-and-cheese-soft)	1 each taco	7.74
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust (/nutrients/vitamin-k-in-fast-food-pizza-chain-14-pizza-pepperoni-topping-thin-crust)	1 slice	7.51
PAPA JOHN'S 14" The Works Pizza, Original Crust (/nutrients/vitamin-k-in-papa-john-s-14-the-works-pizza-original-crust)	1 slice	8.57
Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust (/nutrients/vitamin-k-in-fast-food-pizza-chain-14-pizza-sausage-topping-thin-crust)	1 slice	8.45

<b>Food Name</b>	<b>Measure</b>	<b>Vitamin K (mcg)</b>
Fast Foods, biscuit, with egg and sausage (/nutrients/vitamin-k-in-fast-foods-biscuit-with-egg-and-sausage)	1 item	7.13
Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise (/nutrients/vitamin-k-in-fast-foods-crispy-chicken-filet-sandwich-with-lettuce-and-mayonnaise)	1 sandwich	6.99
Fast foods, taco with chicken, lettuce and cheese, soft (/nutrients/vitamin-k-in-fast-foods-taco-with-chicken-lettuce-and-cheese-soft)	1 each taco	7.74
DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked (/nutrients/vitamin-k-in-digiorno-pizza-pepperoni-topping-thin-crispy-crust-frozen-baked)	1 slice 1/4 of pie	7.25
LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust (/nutrients/vitamin-k-in-little-caesars-14-original-round-cheese-pizza-regular-crust)	1 slice	5.25
DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust (/nutrients/vitamin-k-in-domino-s-14-pepperoni-pizza-classic-hand-tossed-crust)	1 slice	5.88
LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust (/nutrients/vitamin-k-in-little-caesars-14-pepperoni-pizza-large-deep-dish-crust)	1 slice	7.38
Pizza, cheese topping, thin crust, frozen, cooked (/nutrients/vitamin-k-in-pizza-cheese-topping-thin-crust-frozen-cooked)	1 slice	2.9
Fast foods, shrimp, breaded and fried (/nutrients/vitamin-k-in-fast-foods-shrimp-breaded-and-fried)	1 pieces shrimp	0.61
PIZZA HUT 14" Cheese Pizza, Pan Crust (/nutrients/vitamin-k-in-pizza-hut-14-cheese-pizza-pan-crust)	1 slice	19.04
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust (/nutrients/vitamin-k-in-fast-food-pizza-chain-14-pizza-pepperoni-topping-thick-crust)	1 slice	13.57

Food Name	Measure	Vitamin K (mcg)
WENDY'S, CLASSIC SINGLE Hamburger, with cheese (/nutrients/vitamin-k-in-wendy-s-classic-single-hamburger-with-cheese)	1 item	21.95
TACO BELL, Original Taco with beef, cheese and lettuce (/nutrients/vitamin-k-in-taco-bell-original-taco-with-beef-cheese-and-lettuce)	1 each taco	10.56
Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce (/nutrients/vitamin-k-in-fast-foods-cheeseburger-double-regular-patty-double-decker-bun-with-condiments-and-special-sauce)	1 item	35.92
TACO BELL, Soft Taco with chicken, cheese and lettuce (/nutrients/vitamin-k-in-taco-bell-soft-taco-with-chicken-cheese-and-lettuce)	1 each taco	8.53

## I'm on a blood thinner (anticoagulant/antiplatelet) such as Warfarin - How does Vitamin K work with my blood thinner?

Warfarin (Coumadin) works by decreasing the chemical reactions Vitamin K makes in your body. This increases the time it takes for a clot to form. Hence, "thinning" your blood.

If you take Warfarin, you may need to limit and/or monitor your Vitamin K intake. This is because Vitamin K can affect how these drugs work.

Ideally you should consume the same amount of Vitamin K daily.

However, Vitamin K does not influence the action of other blood thinners, such as heparin or low molecular weight heparins (Lovenox, Xaparin, Clexane, Fragmin, or Innohep).

## Can Vitamin K affect my INR?

Yes.

INR stands for International Normalized Ratio (/articles/medical-tests/inr-tests). INR is a standardized way to measure how long it takes your blood to clot.

The lower your INR, the quicker your blood clots (the "thicker" your blood gets). Too low of an INR indicates risk for clotting problems.

The higher your INR, the slower your blood clots (the "thinner" your blood gets). Too high of an INR indicates risk for bleeding problems.

**With an increase in Vitamin K, your INR could drop.**

**Alternatively, a decrease in Vitamin K intake may increase your INR.**

As a side note, other things, like medications, antibiotics, and herbal products may also influence your INR.

## What if I suddenly eat a food with a lot of Vitamin K?

If you are on a blood thinner like Warfarin (Coumadin) then you should alert your healthcare provider, because your blood thinner dosage may have to be adjusted to counteract the change in your body's clotting activity.

## Where does Vitamin K come from?

Vitamin K is often found in food. Leafy green vegetables such as kale, spinach, and broccoli usually contain the most amount of Vitamin K.

Vitamin K is also produced by bacteria in your intestines and is contained in vitamin supplements.

## Why is Vitamin K important?

Blood clots are formed through a series of chemical reactions in your body. Vitamin K is essential for those reactions.

Vitamin K is known as the clotting vitamin, because without it, blood would not clot.

Vitamin K increases the chemical reactions in your body needed for your blood to clot. The more Vitamin K you take, the more chemical reactions your body makes for your blood to clot. Hence your blood gets "thicker".

Also, some studies suggest that it helps maintain strong bones in the elderly.

## Similar Foods

- Beef, Brisket, Whole, Separable Lean Only, All Grades, Raw (/nutrients/vitamin-k-in-beef-brisket-whole-separable-lean-only-all-grades-raw)
- Turkey, Back, From Whole Bird, Non Enhanced, Meat Only, Raw (/nutrients/vitamin-k-in-turkey-back-from-whole-bird-non-enhanced-meat-only-raw)
- Corn, Yellow, Whole Kernel, Frozen, Microwaved (/nutrients/vitamin-k-in-corn-yellow-whole-kernel-frozen-microwaved)
- Corn Flour, Whole Grain, Yellow (/nutrients/vitamin-k-in-corn-flour-whole-grain-yellow)
- Rye Flour, Dark (/nutrients/vitamin-k-in-rye-flour-dark)
- Turkey From Whole, Enhanced, Light Meat, Meat Only, Raw (/nutrients/vitamin-k-in-turkey-from-whole-enhanced-light-meat-meat-only-raw)

# Citations Nutrition Calculator

Total Nutrition

Amount per serving (Sorghum Flour, Whole Grain)

1. "Sorghum flour, whole-grain", NDB 20648, U.S. Department of Agriculture, Agricultural Research Service. Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl> (<http://www.ars.usda.gov/ba/bhnrc/ndl>). Accessed October, 2014.

## Nutrition Calculator

Amount per serving (Sorghum Flour, Whole Grain)

1

cup ▼

Save

Calories 434.39

Calories from fat 36.36

Total Nutrition

<b>Vitamin K</b>	<b>7.74 µg</b>
<b>Total Fat</b>	4.04(g)
<b>Saturated Fat</b>	0.64(g)
<b>Trans Fat</b>	0.0(g)
<b>Cholesterol</b>	mg*
<b>Sodium</b>	3.63mg
<b>Protein</b>	10.2(g)
<b>Carbohydrate</b>	92.73(g)
<b>Fiber</b>	7.99(g)
<b>Sugars</b>	2.35(g)
<b>Vitamin A</b>	0.0µg
<b>Vitamin C</b>	0.97mg
<b>Calcium</b>	14.52 mg
<b>Iron</b>	3.8 mg
<b>Vitamin B-6</b>	0.39 mg
<b>Vitamin B-12</b>	µg*
<b>Niacin (Vitamin B-3)</b>	5.44 mg
<b>Riboflavin (Vitamin B-2)</b>	0.07 mg



**Total Nutrition**

<b>Vitamin D</b>	IU*
<b>Vitamin K</b>	7.74 µg
<b>Vitamin E</b>	0.61 mg
<b>Potassium</b>	392.04 mg
<b>Caffeine</b>	mg*
<b>Selenium</b>	14.76 µg
<b>Zinc</b>	1.97 mg

\* = this food has ingredient(s) with missing nutrition information

**Missing Nutrient Information:**

- Cholesterol, Vitamin B-12, Vitamin D, and Caffeine

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[\(/profile/tperino59\)](/profile/tperino59)

Portal Vein Thrombosis (</discuss/portal-vein-thrombosis>)

Views: 35    Comments: 0


[\(/profile/veronica\)](/profile/veronica)

My Name is Veronica, Co-Founder of INR Tracker, and I have a blood clotting disorder. Ask me anything. (</discuss/my-name-is-veronica-co-founder-of-inr-tracker-and-i-have-a-blood-clott>)

Views: 6171    Comments: 57


[\(/profile/halinkaii\)](/profile/halinkaii)

INR 7.5 & bi-pass surgeries (</discuss/inr-7-5-bi-pass-surgeries>)

Views: 3002    Comments: 16

Keep track of your Vitamin K levels, with INRTracker's Food and Beverage logger.

[Track your Vitamin K for free \(/users/sign\\_up\)](/users/sign_up)

## Start managing your Warfarin

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### TOOLS

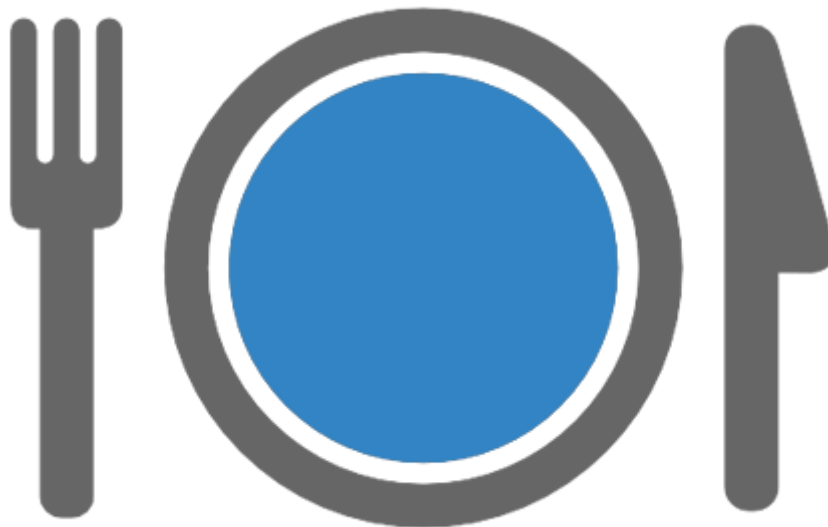
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### **INR Levels**

#### **Tool**

(/inr-levels)



### **Vitamin K Food Database**

(/nutrients)



### **DVT Calculator**

(/calculators/wells-blood-clot-calculator-dvt)

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## ARTICLES

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### INR Tests

[\(/articles/medical-tests/inr-tests\)](/articles/medical-tests/inr-tests)

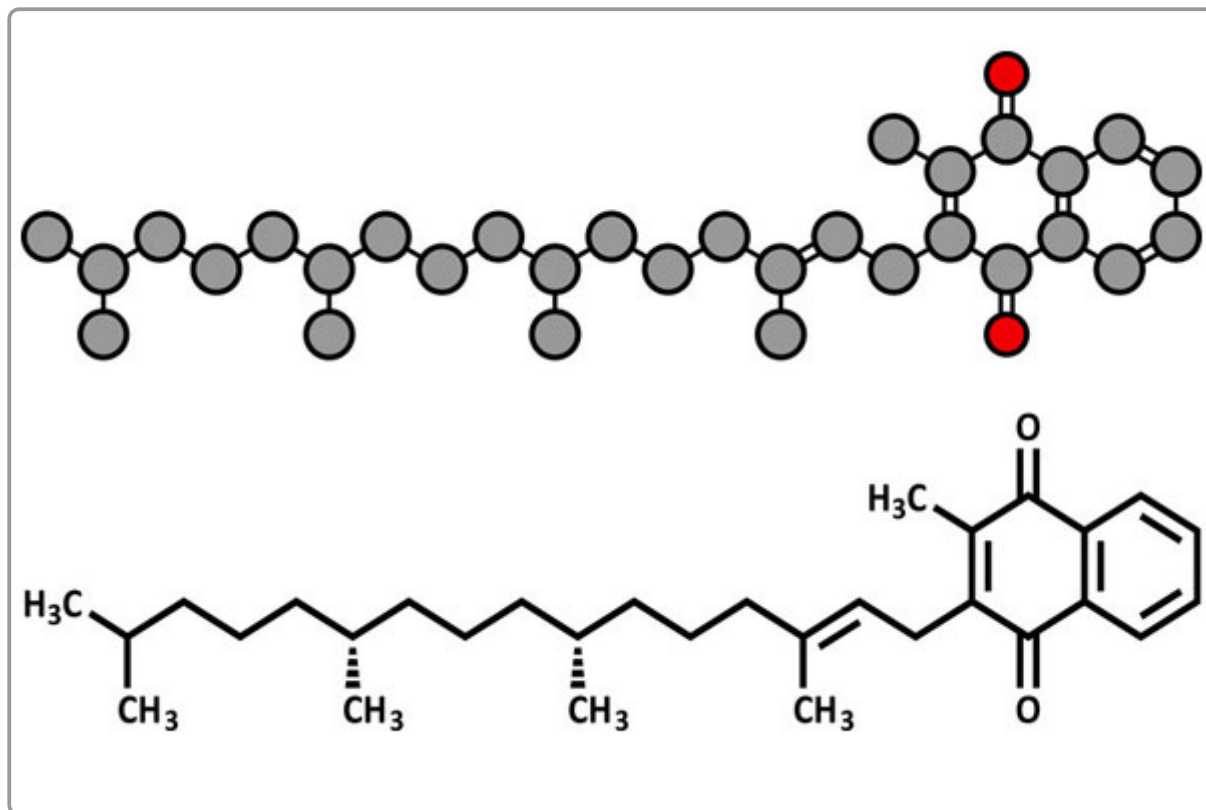
International Normalized Ratio (INR) is a blood test that measures the time it takes for blood to clot...



## Vitamin K Foods

(/articles/diet/vitamin-k-foods)

Vitamin K is primarily known as the blood clotting vitamin. It is a fat-soluble vitamin that is store...



## Vitamin K and Warfarin

(/articles/diet/vitamin-k-and-warfarin)

Many people do not think twice about eating a salad full of deep greens. Usually vegetables are encour...

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