

ISSN 0017 - 8861

Estd 1923

Health

A JOURNAL DEVOTED TO HEALTHFUL LIVING

Email: admin@theantiseptic.in
subscription@theantiseptic.in

www.theantiseptic.in

Vol. 102 • No. 04

APRIL 2024

₹ 20

Medicinal Plant Series - 12
Holarrhena
Antidysenterica [Kurchi.]



What are the best ways to get Vitamin K?



Cosmetology and skin care



WHAT ARE THE BEST WAYS TO GET VITAMIN K?



Vitamin K, often referred to as the "clotting vitamin," is a fat-soluble nutrient that plays a multifaceted role in maintaining your overall health. While it's widely recognized for its essential contribution to blood clotting, its influence extends beyond this crucial function. Vitamin K also plays a pivotal role in supporting bone health, regulating calcium metabolism, and potentially contributing to heart health. As your body's metabolic orchestrator, vitamin K ensures that calcium is properly directed to where it's needed, helping to fortify bones and prevent the calcification of arteries and soft tissues.

Incorporating adequate amounts of vitamin K into your diet is essential for these fundamental physiological

processes and can contribute to your vitality and well-being. Whether you're looking to optimize your bone strength, maintain healthy blood clotting, or explore the potential cardiovascular benefits of this nutrient, there are various ways to ensure you're meeting your vitamin K needs.

In this article, we'll delve into various sources that provide vitamin K, both from plant-based and animal-based origins. From vibrant leafy greens and nutrient-rich vegetables to fermented foods and dietary supplements, we'll explore the diverse options available. By understanding the range of sources through which you can obtain vitamin K, you'll be empowered to make informed dietary choices that support your health and enhance your quality of life.

So, whether you're a dedicated health enthusiast seeking to fine-tune your nutrient intake or someone looking to bolster your overall well-being, read on to discover the myriad ways you can incorporate vitamin K into your diet and enjoy its numerous benefits.

● **Good for Bones & Blood**

Vitamin K is an essential nutrient that helps your blood clot and your bones grow as they should. It also may help prevent the bone disease osteoporosis and protect you against heart disease. You can get vitamin K from certain foods, and most diets in the United States contain enough of the daily recommended goal (90 micrograms for women and 120 micrograms for men).

● **Eat More Leafy Greens**

Spinach is good for you. This leafy green and others, like collard greens and kale, top the charts for vitamin K. Cooked kale is a vitamin K powerhouse, packing 531 micrograms in one-half cup. You'd rather have raw spinach in a salad or smoothie? You get about 75 micrograms for the same half-cup serving.

● **Try Other Veggies**

Vegetables are your best source of dietary vitamin K, but you don't have to stick to leafy greens to fuel up on it. Roasted Brussels sprouts and broccoli are chock-full of K, giving you about 110 micrograms per half-cup serving. Other good vegetables are scallions, frozen asparagus, frozen okra, raw watercress, and green cabbage. One quick

vitamin K booster: Add ten parsley sprigs to a meal.

● **Have an Apple**

Fruit isn't uber-rich in vitamin K, but certain ones can give you a quick burst. A cup of sliced avocado can give you up to 50 micrograms of vitamin K. One-half cup of stewed prunes nets you about 32 micrograms. Blueberries (14 micrograms/half-cup) and grapes (11 micrograms/half-cup), and apples (up to 5 micrograms for one small apple) have lower amounts but are easy to add to a meal on the go.

● **Cook With Soybean Oil**

This oil and canola are rich in the most common form of vitamin K, phylloquinone. A tablespoon of soybean oil has about 25 micrograms of vitamin K, and the same canola oil has about ten micrograms.

● **Go Nuts**

They're packed with protein, fibre, healthy oils, and other nutrients that fight inflammation and keep your heart strong. Cashews, mixed nuts, and pine nuts, in particular, give you an extra vitamin K shot. Add pine nuts to a pasta dish, or grab a handful of cashews or mixed nuts for a midday snack. Every little bit helps.

● Put Fish on the Menu

The American Heart Association recommends eating fish, such as salmon, at least twice a week. It's loaded with healthy oils, protein, and minerals that lower blood pressure and help ward off heart attacks and strokes. Cooked salmon and shrimp have a little vitamin K, but light canned tuna in oil is loaded with 37 micrograms per 3-ounce serving.

● Have a Glass of Juice

Drink your fruits and veggies instead. Three-quarters of a cup of carrot juice gives you a quick serving of vitamin K -- about 28 micrograms. Not keen on carrots? Try pomegranate juice instead. The same amount comes in at 19 micrograms. And some beverages are fortified with vitamin K. Check the label to be sure.

● Cook With Spinach Noodles

Try spinach noodles. A half-cup boosts your vitamin K for the day. Add an equal amount of tomato paste or marinara, and bump that up a bit more. Are you eating out? Many tomato sauce entrees have healthy amounts of vitamin K. Even takeout pizza with tomato sauce gives you a small boost.

● Try Fermented Soybeans

Boiled, fermented soybeans, called natto, have been a staple of the Japanese diet for more than a century. The traditional dish has large amounts of vitamin K. Just 3 ounces give you 850 micrograms. Research also suggests that natto can slow down the loss of bone mass in women who have gone through menopause. That means it may help prevent osteoporosis.

How You Cook Counts?

The amount of vitamin K you get from foods depends on how you prepare it. Frozen foods -- that you cook -- often have more than raw forms. This is probably because frozen vegetables lose some of their water, which concentrates on the vitamins. For example, a half cup of boiled frozen turnip greens nuts you more than 425 micrograms. But eating raw turnip greens gives much less than that.

It Isn't Safe for Everyone

If you take warfarin (Coumadin), be careful about the vitamin K in your diet. Talk to your doctor about how much you should be getting. It also can cause issues if you take certain antibiotics, cholesterol medicines, or the weight loss

drug Orlistat. And always check with your doctor before taking any multivitamins or supplements.

Conclusion:

Nurturing Health Through Vitamin K-Rich Choices


In the journey toward optimal health and well-being, the significance of vitamin K cannot be overstated. From its role in blood clotting and bone strength to its potential impact on cardiovascular health, this essential nutrient is a silent hero within your body's intricate systems. As we conclude our exploration of the diverse ways to obtain vitamin K, it's clear that the path to incorporating this nutrient into your diet is rich with options.

By embracing a colourful array of dark, leafy greens like kale and spinach, indulging in the crispness of cruciferous vegetables such as broccoli and Brussels sprouts, and savouring the nuances of herbs and spices, you're not only enhancing the flavour profile of your meals but also fuelling your body with vital nutrients.

Delving into the world of fermented foods like natto and exploring the offerings of animal products and fortified options allows you to tailor your intake to your dietary preferences. Remember,

balance is key, and a well-rounded approach to nourishment ensures you're reaping the full spectrum of benefits vitamin K can offer.

As you embark on your culinary and nutritional journey, keep in mind that vitamin K is a team player. Pairing it with healthy fats, embracing a nutrient-rich diet, and seeking guidance from healthcare professionals can help you harness its full potential. Whether you're seeking to boost your bone health, fine-tune your cardiovascular function, or elevate your overall wellness, the choices you make today can profoundly impact your future well-being.

So, let the vibrant greens, the wholesome vegetables, and the spectrum of vitamin K-rich foods become your allies in pursuing a healthier and more vibrant life. With each mindful meal, you're nourishing your body and nurturing the foundations of vitality that will support you on your remarkable journey through life. 

Dr. Sanjay Agrawal,
Leading Pharmaceutical
Consultant and
Editor-in Chief of IJM Today
Post Graduation Diploma in
Naturopathy and Yoga,
6/146, Malviya Nagar,
Jaipur -302017
Rajasthan