

Vitamin K

DNA Health Report

REPORT CATEGORIES —



BONE HEALTH



NUTRITION

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

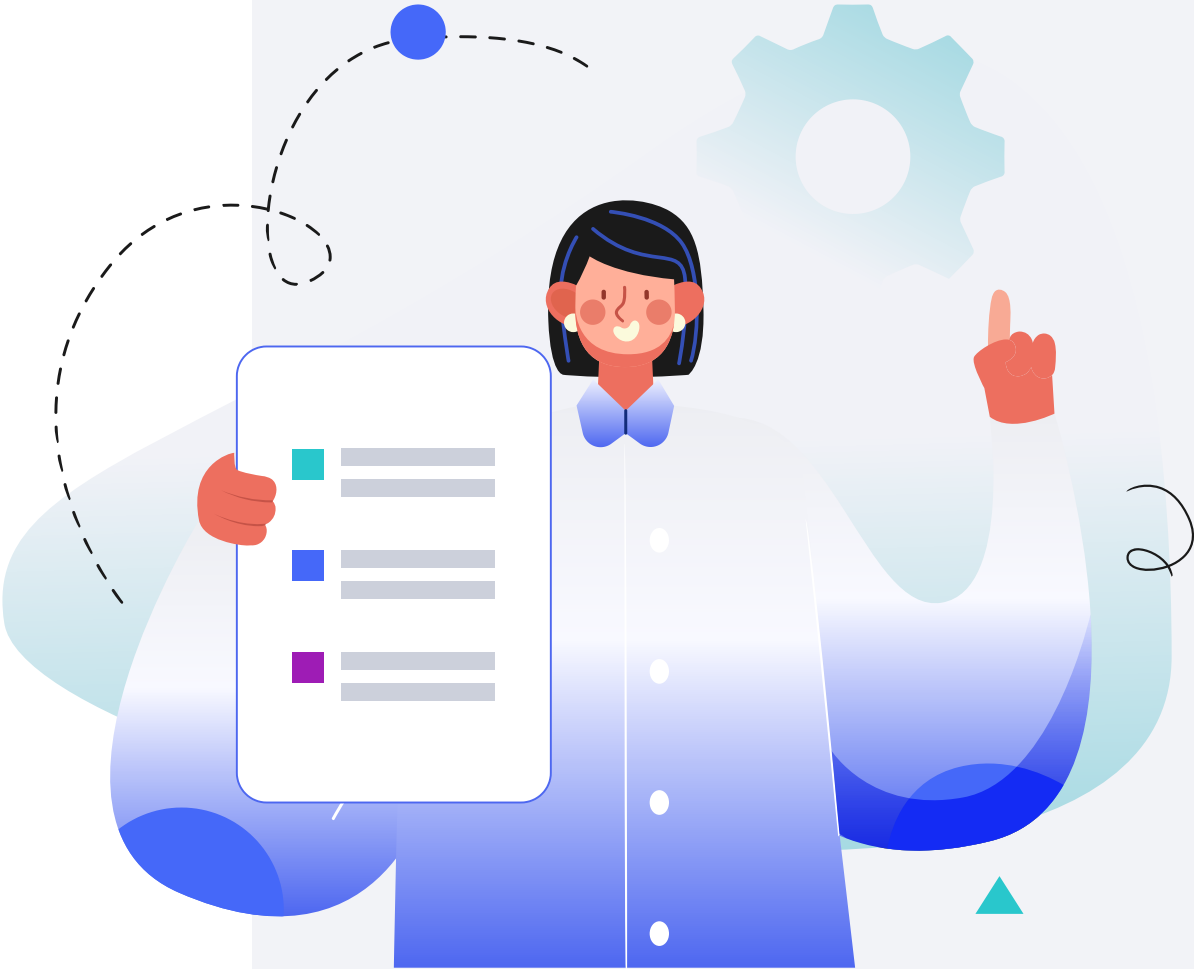
Male

HEIGHT

5ft 5" 165cm

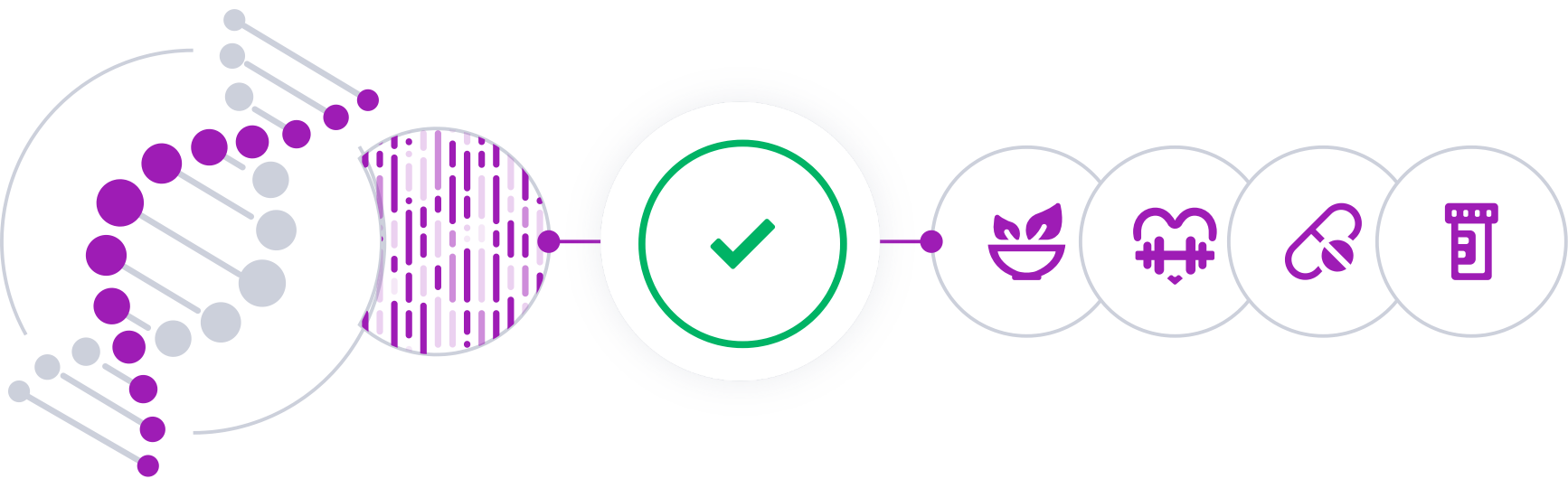
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

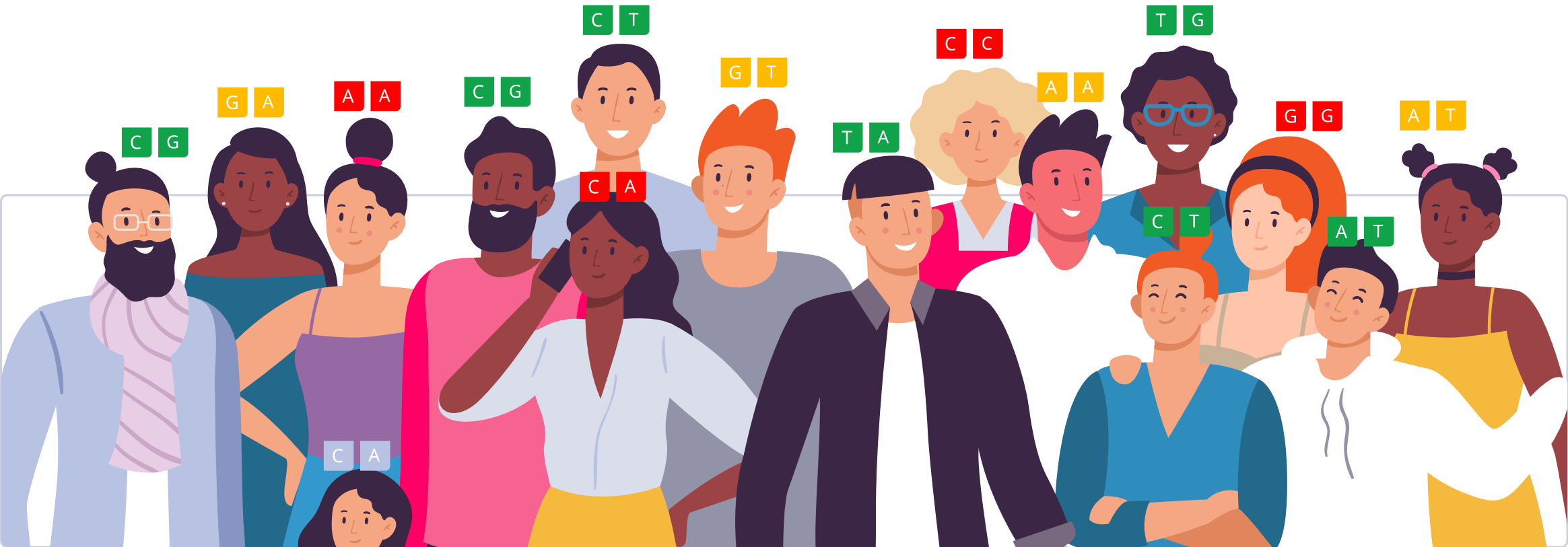


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

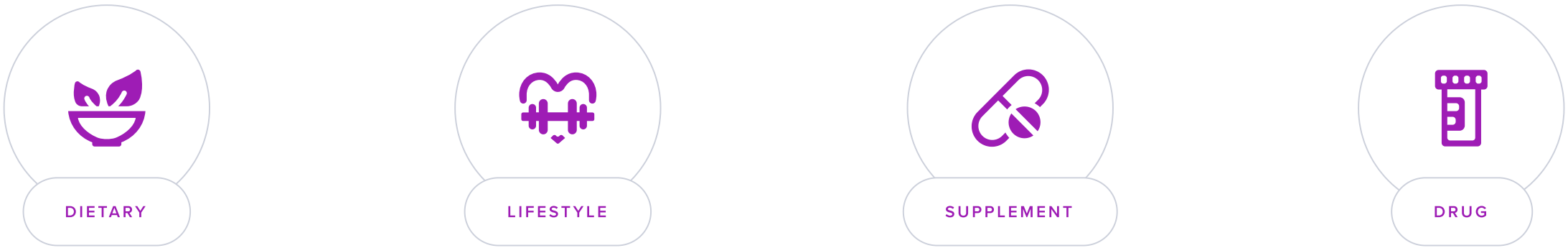
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

[Vitamin K](#) is essential for **blood clotting** and **bone health** [\[R\]](#).

In nature, vitamin K exists in two forms [\[R\]](#), [\[R\]](#):

- **K1** or phylloquinone: found in plant foods
- **K2** or menaquinones: found in animal foods or produced by [gut bacteria](#)

Good sources of vitamin K include [\[R\]](#), [\[R\]](#):

- Green leafy vegetables, such as kale, spinach, and collards
- Soy products, such as natto, roasted soybeans, and edamame
- Carrot juice
- Pumpkin
- Chicken breast

Healthy adults should get **120 micrograms** of vitamin K per day. It’s a fat-soluble vitamin, which means it’s best absorbed if taken with a meal that contains fat [\[R\]](#), [\[R\]](#).

Low vitamin K levels may play a role in [osteoporosis](#) and other bone problems. They may also increase blood clotting time, putting people at higher risk of bleeding [\[R\]](#), [\[R\]](#).

The best way to maintain healthy vitamin K levels is to eat a variety of foods rich in this vitamin, such as green leafy vegetables. Supplements are also available for those who can’t get enough vitamin K from food. Talk to your doctor about potential [side effects and interactions](#) [\[R\]](#).

Please note: *Vitamin K has a potentially dangerous interaction with blood thinners (warfarin, Coumadin) that can alter bleeding and blood clotting times. People on warfarin need to maintain steady vitamin K intake and undergo routine blood clotting tests. Make sure to consult your doctor if you are taking blood thinners* [\[R\]](#).

Vitamin K Genetics

PERSONALIZED TO GENES

Based on the gene variants that we looked at, you may have an increased need for vitamin K. You may benefit from eating more vitamin K-rich foods. Try to get at least the recommended daily amount of 120 micrograms. Discuss your vitamin K intake with your doctor if you are taking blood thinners.

Key Takeaways:

- Genes involved in higher or lower vitamin K levels may influence vitamin K breakdown, fat metabolism, and collagen and bone formation.
- Having low vitamin K levels may contribute to bone health issues like osteoporosis.
- If you are at high genetic risk or lack vitamin K in your diet, taking action now may lower your overall risk for needing it.
- Click the **Recommendations** tab for potential dietary and lifestyle changes. Click the **next steps** tab for relevant labs.

[Vitamin K](#) is essential for **blood clotting** and **bone health**. Low vitamin K levels may play a role in [osteoporosis](#) and other bone problems. They may also increase blood clotting time, putting people at higher risk of bleeding. Good sources of vitamin K include green leafy vegetables, soy products, carrot juice, and pumpkins [\[R,R,R\]](#).

Genetics may influence vitamin K levels. Some gene variants may be linked to **higher vitamin K levels**. Examples include [\[R\]](#):

- "G" at [rs964184](#), near the [APOA5](#) and [ZNF259](#) genes
- "T" at [rs2108622](#), near the [CYP4F2](#) gene
- "C" at [rs4852146](#), near the [CTNAA2](#) gene

On the other hand, variants like [rs4645543](#)-T may be linked to **lower vitamin K levels**. It's located near the [COL22A1](#) and [KCNK9](#) genes [\[R\]](#).



INCREASED NEED

Likely increased vitamin K need based on 11 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ATG12	rs6862909	GT
CDO1	rs6862071	AT
CDO1	rs4122275	GA
/	rs2192574	TT
SIDT2	rs964184	CC
CTNNA2	rs4852146	TT
CYP4F2	rs2108622	CC
CYP4F11	rs12609820	TT
KCNK9	rs4645543	CC
KCNK9	rs2199565	GG
KCNK9	rs7018214	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Genes involved in vitamin K levels may influence [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Vitamin K breakdown (*CYP4F2*)
- Fat metabolism (*APOA5*)
- Other vitamin K-related genes (*CTNAA2*)
- Collagen and bone formation (*COL22A1*)

Genetically higher levels of vitamin K1 (phylloquinone) may be causally associated with:

- Stroke [\[R\]](#)
- Heart health [\[R\]](#)
- High blood sugar (lower diabetes risk) [\[R\]](#)

Keep in mind that your diet, environment, and other genetic variants also influence your vitamin K levels.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE			
1	Vitamin K	90 mcg	2	Beef liver	
3	Broccoli		4	Edamame	
5	Brussels Sprouts		6	Kale	
7	Sauerkraut		8	Swiss Chard	
9	Spinach		10	Pumpkin	
11	Soy		12	Turnip greens	
13	Cauliflower		14	Cabbage	
15	Leafy Green Vegetables		16	Blackberries	
17	Natto		18	Turnips	
19	Collard Greens				

1



Vitamin K

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a vitamin K supplement of around 90-120 micrograms daily with a meal that contains fat for optimal absorption. This dosage is appropriate for adult maintenance of health and should be adjusted based on individual healthcare provider advice.

TYPICAL STARTING DOSE

90 mcg

Description

Vitamin K encompasses two main forms: vitamin K1 (phylloquinone) and vitamin K2 (menaquinone). Vitamin K1 is primarily found in leafy green vegetables and plays a crucial role in blood clotting. Vitamin K2, sourced from animal products and fermented foods, is known for its potential to promote bone health and cardiovascular wellness.

Vitamin K is essential for blood clotting and bone formation [\[R\]](#).

Good sources of vitamin K include [\[R\]](#), [\[R\]](#):

- Green leafy vegetables, such as kale, spinach, and collards
- Soy products, such as natto, roasted soybeans, and edamame
- Carrot juice
- Pumpkin

Healthy adults should get **120 micrograms** of vitamin K per day [\[R\]](#).

How it helps

Vitamin K is essential for blood clotting, which prevents excessive bleeding. If you're deficient, a supplement can help restore balance, reducing your risk of blood disorders and bone health problems associate with vitamin K deficiency.

Please note: *Vitamin K can interact with blood thinners (e.g., Coumadin). Make sure to consult your doctor before supplementing with vitamin K or drastically changing your dietary intake.*

2



Beef liver

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate beef liver into your diet 1-2 times per week, aiming for a serving size of about 3-4 ounces (85-113 grams) each time. This can be pan-fried, baked, or incorporated into dishes like stews or pate to make it more palatable.

Description

Beef liver is a commonly recommended organ meat due to its rich content of protein, B-vitamins, and minerals.

Chickpeas are a good source of vitamin B6, iron, folate, fiber, and rich in minerals like copper, zinc, and phosphorus. A ½ cup serving provides 1.1 mg of vitamin B6 or 65%DV.

How it helps

Beef liver is one of the most concentrated sources of vitamin K2, which is important for bone and heart health.

3



Broccoli

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one cup of chopped broccoli, either steamed or raw, into your daily diet. This can be as part of a meal or snack. Continue this practice daily for ongoing health benefits.

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

Broccoli is high in vitamin K and C, as well as a number of other vitamins and minerals, and antioxidants like quercetin. A ½ cup serving provides 110 mcg of vitamin K or 92%DV.

How it helps

Broccoli is rich in Vitamin K, which is important for blood clotting and bone health. Regular consumption can help prevent Vitamin K deficiency.

4



Edamame

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate shelled or whole edamame into your diet by boiling, steaming, or pan-frying them for about 5 to 10 minutes until tender. Eat them as a snack, add to salads, or include in main dishes. Aim for a serving size of about 1 cup (155 grams) a few times a week to benefit from their nutritional value.

Description

Edamame, young soybeans, is a nutritious snack rich in protein, fiber, and essential nutrients like folate and vitamin K. Including edamame in your diet can help promote heart health, bone health, and overall nutritional balance.

Edamame is a good source of vitamin K, protein, fiber, and minerals like magnesium, iron, potassium, and folate. A ½ cup serving provides 21 mcg of vitamin K or 18%DV.

How it helps

Edamame are soybeans that are high in Vitamin K, which helps your body with blood clotting and bone health. Including edamame in your diet can help prevent vitamin K deficiency, reducing risks tied to excessive bleeding and bone diseases.

5



Brussels Sprouts

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate brussels sprouts into your diet by eating them 2-3 times per week. They can be steamed, roasted, or sautéed and seasoned to taste, forming part of a balanced meal. Each serving should be about 1 cup, which roughly equals 5-6 medium-sized brussels sprouts.

Description

Brussels sprouts are a cruciferous vegetable packed with vitamins, fiber, and antioxidants. They are a nutritious addition to a balanced diet and may support immune health and overall well-being.

Brussels sprouts are good sources of vitamin C, vitamin K, fiber, as well as small amounts of other vitamins and minerals. A ½ cup serving provides 48 mg of vitamin C or 53%DV.

How it helps

Brussels sprouts are loaded with vitamin K, which is crucial for blood clotting and bone health. Regularly consuming them can boost your vitamin K levels, preventing deficiencies and associated issues.

6



Kale

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one cup of kale, cooked or raw, into your daily diet. You can add it to smoothies, salads, or use it as a cooked vegetable side dish.

Description

Jumping, such as through activities like jumping jacks or trampolining, is a cardiovascular exercise that can improve heart health, strengthen muscles, and boost overall fitness. It's an effective way to increase physical activity and promote a healthy lifestyle.

Kale is a good source of calcium, and is also abundant in vitamins A, C, and K, manganese, and potassium. A 1-cup serving (cooked) has 94 mg of calcium or 7%DV.

How it helps

Kale is packed with vitamin K which aids in blood clotting and bone health. A diet rich in kale can help prevent vitamin K deficiency, reducing the risk of excessive bleeding and bone fractures.

7



Sauerkraut

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate sauerkraut into your diet by eating a small portion, such as 2-3 tablespoons, 2-3 times per week. It can be added to sandwiches, salads, or eaten as a side dish. Ensure it is unpasteurized for maximum health benefits.

Description

Sauerkraut is a fermented cabbage dish rich in probiotics, fiber, and vitamins like vitamin C. Incorporating sauerkraut into your diet can promote gut health, aid digestion, and boost the immune system.

How it helps

Sauerkraut contains vitamin K2, which may be beneficial for bone strength and arterial health.

8



Swiss Chard

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate Swiss chard into your diet by adding it to salads, sautéing it with olive oil and garlic for a side dish, or mixing it into soups and stews. Aim to eat Swiss chard 2-3 times per week to benefit from its nutrients.

Description

Swiss chard is a leafy green vegetable rich in vitamins K, A, and C, as well as minerals like potassium and magnesium. It supports bone health, immunity, and overall nutrition.

How it helps

Swiss Chard, rich in Vitamin K, promotes proper blood clotting and bone health. Therefore, including it in your diet can help counteract Vitamin K deficiency, which can otherwise lead to increased bleeding and weakened bones.

9



Spinach

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate one cup of fresh spinach or half a cup of cooked spinach into your daily diet. You can add spinach to salads, smoothies, omelets, or pastas to easily increase your intake.

Description

Spinach is a leafy green vegetable packed with essential nutrients, including vitamins A and K, iron, and folate. Incorporating spinach into the diet supports eye health, bone health, and overall nutrition.

Spinach is a good source of molybdenum, folate, calcium, and iron, as well as vitamins A, C, and K1. A ½ cup serving provides 8 mcg of molybdenum or 18%DV.

How it helps

Spinach is loaded with vitamin K, which is essential in the process of blood clotting and maintaining bone health. Therefore, consuming spinach can supply the needed vitamin K, reducing the potential risk for deficiencies.

10



Pumpkin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate pumpkin into your diet by adding it to meals a few times a week. This can be in the form of roasted pumpkin as a side dish, pumpkin puree in soups and sauces, or adding pumpkin seeds to salads, yogurts, or as a snack on their own.

Description

Pumpkin is a nutritious orange squash rich in nutrients such as vitamin K, C, E, and B6, and minerals like potassium, iron, manganese, magnesium. Eating pumpkin may provide benefits for eye health.

Pumpkin is a good source of vitamin K, C, E, and B6, and minerals like potassium, iron, manganese, magnesium. A ½ cup serving provides 20 mcg of vitamin K or 17%DV.

How it helps

Pumpkin is rich in Vitamin K which is essential for blood clotting and bone health. Including pumpkins in your diet can therefore help to maintain proper levels of Vitamin K and prevent related health problems.

11



Soy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate soy-based products such as tofu, soy milk, and edamame into your daily diet. Aim for at least one serving per day, equivalent to about a cup of soy milk, a half-cup of cooked soybeans, or a 3-ounce piece of tofu.

Description

Soy is a legume native to East Asia, and its health benefits include being a source of plant-based protein, fiber, and various vitamins and minerals. It is known for its potential to support heart health, reduce cholesterol levels, and provide essential nutrients in vegetarian and vegan diets.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It’s a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Soy beverages
- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Soybeans are rich in vitamin K, which helps in blood clotting and prevents excessive bleeding. Regular consumption can thus replenish vitamin K levels in the body, reducing the risk of vitamin K deficiency.

12



Turnip greens

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate turnip greens into your diet by adding them to salads, sautéing them with garlic for a side dish, or including them in soups and stews. Aim to include turnip greens in your meals 2-3 times a week to benefit from their rich nutrient profile.

Description

Turnip greens are the leafy tops of the turnip plant and are a rich source of vitamins A, C, and K, as well as calcium and fiber. They are used to promote bone health, boost the immune system, and support digestion.

Turnip greens are rich in vitamins, minerals, and antioxidants, including calcium, iron, folate, copper, and vitamins A, B6, K, and C. A ½ cup serving provides 99 mg of calcium or 8%DV.

How it helps

Turnip greens are a fantastic source of Vitamin K, which is critical for bone health and for proper blood clotting. Regularly incorporating this leafy green in your diet can, therefore, improve bone strength and decrease bleeding risks.

13



Cauliflower

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate cauliflower into your meals at least 2-3 times a week. You can consume it raw in salads, steamed as a side dish, or roasted with a drizzle of olive oil for a healthy snack or part of your main meal.

Description

Cauliflower is a nutritious vegetable high in vitamins, minerals, and fiber. It's a versatile ingredient that can be used in various dishes and may support digestive health and provide essential nutrients for overall wellness.

Cauliflower is a good source of vitamins C, K, and B6, as well as potassium, folate, manganese, with small amounts of others. A ½ cup serving provides 26 mg of vitamin C or 29%DV.

How it helps

Cauliflower is a good source of vitamin K, which plays a crucial role in blood clotting and bone health. Including cauliflower in your diet can prevent vitamin K deficiency and associated complications.

14



Cabbage

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh cabbage into your diet by adding it to salads, soups, stews, or as a side dish steamed or lightly sautéed. Aim for at least 2-3 servings of cabbage per week, where one serving is approximately one cup chopped or two leaves.

Description

Cabbage is a cruciferous vegetable rich in vitamins, fiber, and antioxidants. It's known for its potential to support digestive health, provide essential nutrients, and contribute to a balanced diet.

Cabbage is a great source of vitamins C and K, with decent amounts of other vitamins and minerals like folate and manganese. A ½ cup serving provides 16 mg of vitamin C or 18%DV.

How it helps

Eating cabbage, which is rich in Vitamin K, helps clot your blood properly and assists in bone health. If you don't have enough Vitamin K, you might bruise or bleed too easily. One cup of chopped raw cabbage (89g) provides about 67 mcg of vitamin K.

15



Leafy Green Vegetables

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one serving of leafy green vegetables, such as spinach, kale, or Swiss chard, into your diet daily. This can be done by adding them to salads, smoothies, or as a side dish to your meals.

Description

Leafy green vegetables like spinach and kale are packed with vitamins, minerals, and antioxidants. Incorporating them into your diet can promote overall health by providing essential nutrients, supporting digestion, and reducing the risk of chronic diseases like heart disease and certain cancers.

Leafy green vegetables, also called leafy greens, or greens, are edible plant leaves, which can include stalks and shoots as well. Common examples include: lettuce, spinach, kale, chard, endive, and fennel.

Leafy greens contain a host of vitamins and minerals, as well as fiber. Most of them are a particularly good source of vitamin K.

How it helps

Leafy Green Vegetables are high in Vitamin K, which plays a crucial role in helping your blood clot. Consuming these greens can help prevent vitamin K deficiency by maintaining healthy blood clotting processes and bone health.

16



Blackberries

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a serving of blackberries into your daily diet, which is about 1/2 to 1 cup. You can add them to your morning cereal, blend them into a smoothie, or eat them as a snack.

Description

Blackberries are a delicious and antioxidant-rich fruit packed with vitamins and fiber. They can promote immune health, support digestive regularity, and contribute to overall well-being.

How it helps

Blackberries are rich in Vitamin K, which helps in blood clotting and bone metabolism. Thus, consuming blackberries can boost your Vitamin K levels and counteract symptoms of Vitamin K deficiency like excessive bleeding and weak bones. One cup (approximately 144 g) of blackberries contains approximately 29 mcg of Vitamin K (around 24% of RDI).

17



Natto

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate natto, a fermented soybean dish, into your diet a few times per week. You can eat it as is, add it to rice, or include it in breakfast meals for its health benefits.

Description

Natto is a fermented soybean dish popular in Japanese cuisine, rich in probiotics and vitamin K2, which may promote digestive health, heart health, and overall well-being.

Natto or fermented soybeans are packed with vitamins K and C, protein, and minerals like manganese, iron, magnesium, and calcium. A 3-ounce serving provides 850 mcg of vitamin K or 708%DV.

How it helps

Natto, a Japanese dish made from fermented soybeans, is rich in Vitamin K2 which helps in regulating calcium in your body, strengthening bones, and preventing heart disease. Adding it to your diet can help to offset a Vitamin K deficiency, reducing related risks.

18



Turnips

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate turnips into your diet 2-3 times a week by adding them to soups, stews, or roasting them as a side dish. You can also shred raw turnips into salads for a crunchy texture.

Description

Turnips are root vegetables from the Brassicaceae family and are rich in vitamins, minerals, and fiber. They are used in cooking for their potential to support weight management, improve digestion, and provide essential nutrients like vitamin C and potassium.

How it helps

Turnip greens are high in vitamin K1, which plays an essential role in maintaining bone health and blood coagulation.

19



Collard Greens

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one cup of cooked or two cups of raw collard greens into your diet 3-4 times a week. Wash the greens thoroughly before use to remove any dirt or pesticides.

Description

Collard greens are a nutritious leafy vegetable rich in vitamins, minerals, and antioxidants. They are known for their potential to support bone health, provide essential nutrients, and contribute to a balanced diet.

Collard greens contain vitamins K, A, and C, as well as decent amounts of calcium and folate. A 1-cup (cooked) serving provides 836 mcg of vitamin K or 697%DV.

How it helps

Collard greens are packed with Vitamin K, which is essential for blood clotting and bone health. By including them in your diet, you can prevent Vitamin K deficiency, thereby reducing the risk of bleeding and bone disorders.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.