

WARFARIN is an anticoagulant used to prevent blood clots. Your body stops bleeding by making clots. Warfarin works by lowering the chance of clots forming in your body. **Vitamin K** affects clot formation. So, you have to be careful about the vitamin K foods you eat.

Points to Remember:

- Keep your eating habits regular.
- Pay attention to serving sizes. If you eat more than one serving of a moderate vitamin K food, it may count as much as one serving of high vitamin K food.
- Do not drink more than four to six ounces of cranberry juice per day to avoid increased bleeding risk.
- Do not drink more than two servings of alcohol per day to avoid increased bleeding risk.
- Very few items from the meat group contain vitamin K. Chicken liver, beef liver, and pork liver can all affect warfarin to decrease INR (how long it takes your blood to clot). A half-cup serving of liver counts as one high serving of vitamin K.

- Unless otherwise noted, all foods are cooked. Vegetables are cooked from fresh. Fruit is raw.
- The actual values listed can vary depending on how they are processed. For example, vegetables cooked from frozen may have a higher vitamin K amount.
- Keep your vitamin K intake the same each week. Discuss any diet changes with your provider.
- Tell all your health professionals, including any surgeons and dentists, you are taking warfarin.
- Nutrition supplements such as Ensure® and Boost® contain from 20-32 mcg vitamin K per eight ounces. Consistent amounts can be included in your diet from week to week.
- In general, avoid ALL herbal supplements while taking warfarin.
- Tell your doctor or pharmacist if there has been a recent change in your diet.
- Know the foods high in vitamin K to avoid or to eat consistently (listed in this pamphlet).

Additional Information Sources

1. Association for Health Research Quality (AHRQ). Your Guide to Coumadin/Warfarin Therapy. Pub. No. 08-0028-A. August 2008.
2. American Dietetic Association. Nutrition Care Manual.
3. EBSCO CAM Review Board. Updated 2011. NYU Langone Medical Center.
4. U.S. Department of Agriculture, Agricultural Research Service. 2012. USDA National Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory Home Page.
5. VA Nutrition and Food Services. Vitamin K Content of Foods. Updated 3/12.



WARFARIN (Coumadin®) FOOD INTERACTIONS

PATIENT EDUCATION

Diet and Vitamin K in Common Foods

GULF COAST VETERANS HEALTH CARE SYSTEM



HIGH Vitamin K Foods		
100-1000 micrograms		
FOOD	SERVING	MCG
Broccoli, cooked	1/2 cup	110
Brussels sprouts	1/2 cup	110
Brussels sprouts, <i>frozen</i>	1/2 cup	150
Greens, beet	1/2 cup	350
Greens, collard	1/2 cup	386
Greens, collard, <i>frozen</i>	1/2 cup	530
Greens, dandelion	1/2 cup	290
Greens, mustard	1/2 cup	414
Greens, turnip	1/2 cup	265
Greens, turnip, <i>frozen</i>	1/2 cup	425
Kale, cooked, <i>frozen</i>	1/2 cup	574
Lettuce, butterhead	1 head	166
Liver: beef, chicken or pork	1/2 cup	varies
Margarine	1/2 cup	105
Mayonnaise	1/2 cup	180
Onions, scallion or spring	1/2 cup	104
Parsley, raw	10 sprigs	164
Purslane	1/2 cup	380
Spinach, raw	1 cup	145
Spinach, cooked	1/2 cup	444
Swiss chard	1/2 cup	430

MEDIUM Vitamin K Foods		
25-100 micrograms		
FOOD	SERVING	MCG
Artichoke	1 cup	25
Asparagus	4 spears	48
Asparagus, <i>frozen</i>	1/2 cup	72
Avocado, raw	5 oz./1 med.	30
Boost® or Ensure®	8 oz. bottle	30
Broccoli, raw	1/2 cup	45
Cabbage, green, cooked	1/2 cup	82
Cabbage, red	1/2 cup	35
Cole slaw	1/2 cup	53
Cucumber, unpeeled	1 large	50
Endive	1/2 cup	58
Green tea concentrate	1/2 cup	25
Kiwi fruit	1 medium	31
Lettuce, green leaf	1 cup	71
Lettuce, romaine	1 cup	57
Oil, canola	1/2 cup	80
Oil, olive	1/2 cup	64
Okra, <i>frozen</i>	1/2 cup	44
Peas, green, cooked	1 cup	38
Peas, black-eyed	1 cup	44
Pickle, dill	1 pickle	25
Plums, dried (prunes)	1 cup	65
Rhubarb, <i>frozen</i>	1 cup	50
Sauerkraut	1 cup	30
Soybeans (Edamame), cooked	1 cup	34
Watercress	1/2 cup	85

LOW Vitamin K Foods		
5-24 micrograms		
FOOD	SERVING	MCG
Beans, green; lentils or kidney	1/2 cup	10
Beans, lima, <i>frozen</i>	1 cup	10
Beans, pinto	1 cup	6
Blackberries or Blueberries, raw	1/2 cup	14
Blueberries, <i>frozen</i>	1/2 cup	21
Carrots	1/2 cup	11
Cauliflower, <i>frozen</i>	1/2 cup	11
Celery, raw	1/2 cup	17
Cucumber, peeled	1 large	20
Grapes, raw	1/2 cup	12
Lettuce, iceberg	1 cup	13
Mango, raw	1 medium	9
Peach, raw	1 medium	5
Pistachio nuts	1/2 cup	15
Pumpkin pie	1 slice	15
Raspberries, <i>frozen</i>	1/2 cup	13
Spaghetti marinara sauce	1/2 cup	18
Sweet pepper	1 cup	7
Tomato, red	1 large	10

Fats and Oils: LOW in small amounts		
Oil, canola	1 tbsp.	10
Oil, olive	1 tbsp.	8
Margarine	1 tbsp.	13
Mayonnaise	1 tbsp.	23