

## Warfarin (Coumadin®) and Your Diet

Warfarin (Coumadin®) is a blood thinner that helps prevent clots from forming in the blood vessels and the heart. Foods high in vitamin K can reduce the effectiveness of COUMADIN®. While taking this medication, it is important that you eat a healthy, balanced diet and maintain blood coagulation time (INR) in a safe and effective range. All foods can fit in your meal plan; the goal is to have the same number of servings of high Vitamin K foods each day. Check with your anti-coagulation service RN before starting to take vitamins or other nutritional supplements or making any major food changes in your diet. If you wish to increase foods containing higher amounts of vitamin K, such as leafy green vegetables, do it gradually. Once the desired amount is reached, keep your diet consistent. Use the chart below to assist with planning meals which will keep your vitamin K intake consistent from day to day.

### Vitamin K Food List\*

High = > 80 µg    Medium = 30-80 µg    Low = < 30 µg  
per 100 gm or serving indicated

#### Vitamin K content in foods

##### Beverages

Coffee	L
Cola	L
Fruit juice	L
Green tea leaves	H
Milk	L
Tea	L
Water	L

##### Dairy

Butter	L
Cheddar Cheese	L
Eggs	L
Sour cream	L
Yogurt	L

##### Fats and Dressings – based on 2 Tbsp

Mayonnaise	M
Margarine	L
Oil:	
Canola	L
Corn	L
Olive	L
Peanut	L
Salad	M
Safflower	L
Sesame	L
Soybean	M
Sunflower	L



## Fruits

Apple peel – green	M
Apple	L
Banana	L
Blueberries	L
Cantaloupe	L
Grapes	L
Grapefruit	L
Lemons	L
Orange	L
Peach	L

Also: Cranberries, juice and pills may increase INR

## Grains

Bagel –plain	L
Bread – assorted types	L
Cereals – assorted types	L
Flour – assorted types	L
Oatmeal instant	L
Rice – white	L
Spaghetti	L

## Legumes and Nuts

Cashews	M
Flaxseeds	L
Pine nuts	M
Pistachio nuts	M
Pumpkin, squash seeds	M
Soybean	M
Sunflower seeds	M
Walnuts, pecans	L

## Meat

Beef liver	H
Chicken liver	H
Liverwurst	H
Beef	L
Chicken	L
Ham	L
Mackerel	L
Pork	L
Shrimp	L
Tuna	L
Turkey	L

## Supplements-- per serving

Boost-High protein	M
Carnation instant breakfast	L
Ensure	L
Slim Fast	L

## Vegetables

Asparagus	7 spears	M
Avocado	1 small	M
Beans – Green	¾ cup	L
Broccoli	½ cup	H
Brussel sprouts	5 sprouts	H
Cabbage – green	1 ½ cup	H
Cabbage – red	1 ½ cup	M
Carrots	2/3 cup	L
Cauliflower	1 cup	L
Celery	2 ½ stalks	L
Collard greens	½ cup	H
Corn	2/3 cup	L
Cucumber- with peel		L
Eggplant	1 ¼ cups	L
Endive	2 cups	H
Kale	¾ cup	H
Lettuce	1 ¾ cup	
Leaf, red, romaine		H
Mushrooms	1 ½ cup	L
Mustard greens	1 ½ cup	H
Onion		
Green scallions	2/3 cup	H
Onion –	2/3 cup	L
Parsnip		L
Parsley	1 ½ cup	H
Peas - green	2/3 cup	M
Pepper – green	1 cup	L
Potato-raw	1	L
Seaweed	N/A	H
Spinach – raw leaf	1 ½ cups	H
Squash – summer	½ cup	L
Sweet potato- baked	1	L
Swiss chard	½ cup	H
Turnip greens –		
raw	1 ½ cups	H
V-8 Juice		H
Watercress – raw	3 cups	H

## HINTS

- Usually the greener the plant the higher the Vitamin K content.
- Let your anti-coag RN know if you start ANY herbal or nutritional supplement.
- Read labels for foods fortified with Vitamin K.
- Alcohol greater than 2 drinks a day may increase INR.

\*List is a partial listing of foods