



Coumadin & Your Diet

Vitamin K Warfarin (Coumadin) is a drug that helps prevent clot formation and keeps the blood thin. Many people are aware that there are drug

interactions, but often we forget all the many foods that can interact! The main dietary concern with warfarin is vitamin K. When a person consumes more vitamin K than usual, the warfarin is prevented from working as well as it does normally. Therefore, the blood may become thicker and a clot may form. However, if a person eats less vitamin K than usual, the warfarin works too well and the blood may become too thin. So it is VERY important to keep the amount of vitamin K in your diet fairly consistent each week. Many of the green, leafy vegetables contain high amounts of vitamin K. But be aware that many products contain vitamin K that you may not think of (Slim Fast, green tea, most multi-vitamins), so read your labels! If you are someone who likes these types of foods, then feel free to continue eating them so long as you eat the same amount each week. If you rarely eat these types of foods, it may be better to avoid them all together for the duration of your warfarin therapy.

Grapefruit, Cranberry, & Pomegranate These fruits and their juices should be avoided in patients taking warfarin. They interact with warfarin and may cause very thin blood. What is even more concerning is that some patients are extremely sensitive to these interactions and may have INRs exceeding 8.0! That means the blood is VERY thin. So we recommend all patients avoid these fruits while on warfarin.

Alcohol Alcohol should be avoided while on warfarin. It can make your blood even thinner, which may put you at risk for bleeding. Alcohol also increases the risk of falls & stomach ulcers, which can lead to life-threatening bleeds while on warfarin.

Smoking Smoking decreases the effects of warfarin and therefore makes your blood thicker. Smoking alone puts you at increased risk of clots as well.

HIGH VITAMIN K CONTENT

These foods have high amounts of vitamin K & can dramatically affect the thinness/thickness of your blood, so it is important to eat them consistently each week or not at all!

Beverages:

Green tea or Black tea

Oils, fats, dressing:

Canola oil, Salad oil, or Soybean oil
Mayonnaise

Vegetables:

Broccoli
Brussel Sprouts
White cabbage
Swiss chard
Chives
Cilantro
Endive
Greens (Collard, Mustard, or Turnip)
Kale
Bibb, red leaf, or Romaine lettuce
Green onion
Parsley
Green bell pepper (cooked)
Spinach
Watercress



Meats:

Gizzards, liver, or other organ meats should be avoided due to variability in their vitamin K content

MODERATE VITAMIN K CONTENT

These foods have less vitamin K than the previous list but have enough to affect how your warfarin is working! Eat these consistently each week, as well.

Stick margarine
Green apple peeling
Asparagus
Celery
Iceburg lettuce
Okra
Cucumber with peel

LOW VITAMIN K CONTENT

As long as these foods are not eaten excessively, they do not have to be eaten consistently in your diet.

Beverages:

Coffee
Brewed teas (Except black or green teas)
Soda
Kool-aid
Lemonade

Fruits/juices (Except grapefruit, cranberry, pomegranate)

Cereals, Breads, Crackers, Pasta, Flour, & Rice

Sauces:

Catsup
Yellow mustard
Olives
Dill or sweet pickles

Milk and Dairy Products

Sweets

Meats other than liver, gizzard, or organ meats

Legumes, such as beans, tofu, and nuts

Vegetables:

Artichoke
Green beans
Beets
Carrots
Cauliflower
Corn
Cucumber (without peel)
Eggplant
Mushrooms
White or yellow onions
Potatoes
Radish
Squash
Tomato
Turnips (without the greens)



VITAMIN K CONTENT BY PORTION SIZE

Food	Portion Size	Vitamin K Content
BEVERAGES		
Coffee, brewed	1 cup	Low
Cola, regular & diet	1 cup	Low
Fruit juices	1 cup	Low
Milk	1 cup	Low
Tea, brewed	1 cup	Low
Green tea	1 cup	HIGH
CEREALS/GRAINS		
Bread	4 slices	Low
Cereal	1 cup	Low
Flour	1 cup	Low
Oatmeal, instant/dry	1 cup	Low
Rice, white	1/2 cup	Low
Spaghetti, dry	3.5 oz	Low
DAIRY PRODUCTS		
Butter	6 Tbsp.	Low
Cheddar cheese	1/2 cup	Low
Sour cream	8 Tbsp.	Low
Yogurt	1/2 cup	Low
Eggs	2 large	Low
FATS		
Margarine	7 Tbsp.	MODERATE
Mayonnaise	7 Tbsp.	HIGH
Oils: Canola, salad, soybean	7 Tbsp.	HIGH
Oils: Olive	7 Tbsp.	MODERATE
Oils: Corn, peanut, safflower, sesame, sunflower	7 Tbsp.	Low
FRUITS		
Apple	1 medium	Low
Banana	1 medium	Low
Blueberries	2/3 cup	Low
Grapes	1 cup	Low
Grapefruit	AVOID	AVOID
Lemon	2 medium	Low
Orange	1 medium	Low
Peach	1 medium	Low
Cranberries	AVOID	AVOID
MEAT & FISH		
Beef, ground	3.5 oz	Low
Chicken	3.5 oz	Low
Mackerel	3.5 oz	Low
Pork	3.5 oz	Low
Tuna	3.5 oz	Low
Turkey	3.5 oz	Low

Food	Portion Size	Vitamin K Content
VEGETABLES & LEGUMES		
Asparagus, raw	7 spears	MODERATE
Avocado, peeled	1 small	MODERATE
Beans, pod raw	1 cup	MODERATE
Broccoli, raw or cooked	1/2 cup	HIGH
Brussel sprout, sprout & leaf top	5 sprouts	HIGH
Cabbage, raw shredded	1 ½ cups	HIGH
Cabbage, red raw shredded	1 ½ cups	MODERATE
Carrot	2/3 cup	Low
Cauliflower	1 cup	Low
Celery	2 ½ stalks	Low
Coleslaw	3/4 cup	MODERATE
Collard Greens, chopped	1/2 cup	HIGH
Cucumber & peel, raw	1 cup	HIGH
Cucumber, NO peel	1 cup	Low
Eggplant	1 ¼ cup	Low
Endive, raw chopped	2 cups	HIGH
Green scallion, raw chopped	2/3 cup	HIGH
Kale, raw leaf	3/4 cup	HIGH
Lettuce, raw (Head, Bib, Red leaf)	1 ¾ cups	HIGH
Mushroom	1 ½ cups	Low
Mustard greens, raw	1 ½ cups	HIGH
Onion, white chopped	2/3 cup	Low
Parsley	1 ½ cup	HIGH
Peas, green cooked	2/3 cup	MODERATE
Pepper, green, raw	1 cup	Low
Pickle, dill	1 medium	MODERATE
Potato	1 medium	Low
Pumpkin	1/2 cup	Low
Sauerkraut	1 cup	MODERATE
Soybean, dry	1/2 cup	MODERATE
Spinach, raw leaf	1 ½ cups	HIGH
Tomato	1 medium	Low
Watercress, raw	3 cups	HIGH
OTHER		
Honey	5 Tbsp	Low
Jell-O gelatin	1/3 cup	Low
Peanut Butter	6 Tbsp	Low