

Warfarin and Your Meals

Rules



1. Each day keep your diet steady in foods with Vitamin K.
2. Steady Vitamin K levels help keep your warfarin level balanced.
 - a. You do not need to avoid Vitamin K foods.
3. The foods highest in Vitamin K affect your levels the most.
4. Do not drink Green tea, unless directed by your health care provider.
5. Avoid alcohol – it can raise *or* lower your levels.
6. If you get sick or your diet changes quickly, call the Coumadin clinic.
7. Some vitamins and nutrition supplements may affect your Warfarin level. Bring all bottles or packages of supplements used to your appointment with your anticoagulant doctor.
 - a. Avoid cranberry, fish oil capsules, mineral oil, papain and garlic pills.
 - b. Tell your doctor if you plan to use nutrition supplements such as Ensure or Sustacal.

Food and Vitamin K

All foods listed are cooked unless noted as raw

1. Foods highest in Vitamin K are:

A. Greens: ½ cup

- a. Collard, kale, frozen turnip greens, or spinach (*over 400 micrograms*)
- b. Beet greens, or dandelion greens (*over 300 micrograms*)
- c. Mustard greens, or fresh turnip greens (*200 - 250 micrograms*)
- d. 10 springs raw parsley, or 1 cup raw spinach (*150 micrograms*)
- e. 1 cup raw green leafy lettuce, or 1 cup raw endive (*100 micrograms*)



B. Other green vegetables: ½ cup

- a. Broccoli, brussels sprouts, raw onion, or raw scallion (*100 micrograms*)
- b. Frozen asparagus, green cabbage, or spinach noodles (*70 – 80 micrograms*)



2. Moderate foods in Vitamin K are: 25-50 micrograms

- a. Raw broccoli, or raw cabbage - ½ cup
- b. Chinese cabbage, or romaine lettuce - ½ cup
- c. Frozen okra, frozen blackeye peas - ½ cup
- d. Fresh asparagus - 4 spears
- e. Cucumber, dill or kosher pickle – 1 each
- f. Fruit: Dried prunes – 5 each; kiwi fruit – 1 medium; 1 cup berries



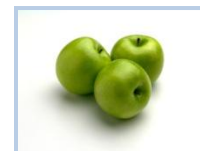
3. Low foods in Vitamin K are: 5-25 micrograms

- a. Iceberg lettuce - 1 cup
- b. Any form of celery, carrot, cauliflower, peas, soybeans, green or yellow beans - ½ cup
- c. Sauerkraut, tomato or marinara sauce - ½ cup
- d. Raw artichoke, avocado, or tomato – 1 medium
- e. Fruit: Raw blackberries, blueberries, or grapes - ½ cup
- f. Fruit: mango, papaya, pear, peach, plum – 1 medium ; or 1 cup melon
- g. Fats: Margarine, mayonnaise, salad dressings, olive or canola oil – 1 tablespoon
- h. Nuts: Cashew nuts, pine nuts, pumpkin seeds – 1 oz
- i. Soy milk – 1 cup



4. Foods free of Vitamin K are: Less than 5 micrograms

- a. Breads and cereal
- b. Dairy, eggs, fish, shellfish, meat and poultry
- c. All fruit, vegetable, nuts and seeds not listed above



Anticoagulation Clinic: (270) 798-8227
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Monday – Thursday (0700-1100)
Monday – Friday (0730-1600)