

NUTRITION KEYNOTES

Dietary Guidelines for Vitamin K and Warfarin (Coumadin)



Goal: To eat a diet with a consistent amount of vitamin K to maximize the effect of the medication warfarin (Coumadin).

General Guidelines

- **It is important to be *consistent* with vitamin K intake rather than avoid vitamin K.**
- Try not to change amounts of high vitamin K food eaten on a day-to-day basis. If you do, speak with your pharmacist about changing your medication.
- Tell your physician or other health care professional if you are taking any vitamin, mineral, herbal, or nutritional supplements. Some supplements, such as fish oil and vitamin E, increase your risk of bleeding.
- Garlic and licorice may also increase your risk of bleeding. Tell your physician or other health care professional if you are eating these foods.
- Avoid cranberries and cranberry juice because of an increased risk of bleeding.
- Limit alcohol. Discuss your alcohol intake with your physician or other health care professional.

Vitamin K Content of Foods

Vitamin K content based on ½ cup cooked or 1 cup raw, unless otherwise indicated.

- **Low vitamin K foods (less than 25 mcg):**
Avocado, artichokes, red cabbage, canola and olive oil (1 tablespoon), carrots, cauliflower, celery, chayote, cilantro, corn,

peeled cucumbers, most dried beans, lentils, peas, eggplant, green beans, green pepper, iceberg lettuce, mushrooms, okra (frozen), white and yellow onions, parsnips, potatoes, radishes, summer squash, tomatoes, turnips.

- **Medium vitamin K foods (25–100 mcg):**
Asparagus, black-eyed peas (frozen), broccoli, green or Chinese cabbage, lettuce (green leaf, romaine, watercress, natto, seaweed).
- **High vitamin K foods (100–250 mcg):**
Brussels sprouts, endive, parsley, mustard greens, spring or scallion onions, spinach (raw).
- **Very high vitamin K foods (more than 250 mcg):**
Spinach (cooked), wheat grass powder, greens (beet, collard, dandelion, kale, Swiss chard, turnip).

Very Low in Vitamin K

Foods generally very low in vitamin K include starches and breads, fruits, dairy products, eggs, meat, fish, poultry, nuts, tofu, fats, sugar, coffee, and tea.

References that discuss these guidelines are available by request.