

NUTRITION KEYNOTES

Dietary Guidelines for Vitamin K and Warfarin (Coumadin)



Goal: To make sure your diet and your medication warfarin (Coumadin) work together.

General Guidelines

- **When you take warfarin, you can eat foods with vitamin K, but you need to have the same amount of vitamin K foods every day.**
- Try not to change the amount of high vitamin K foods you eat daily. If you do, speak with your pharmacist about changing your medication.
- Tell your physician, pharmacist, 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 also increase the risk of bleeding. Tell your physician or other health care professional if you are eating these foods.
- Limit alcohol. Discuss your alcohol intake with your physician, pharmacist, or other health care professional.

Vitamin K amounts are based on USDA National Nutrient Database for Standard Reference (Release 28, released September 2015, slightly revised May 2016).

Vitamin K Content of Foods

Amounts are 1 cup raw or ½ cup cooked, unless otherwise listed.

Less than 25 mcg	Broccoli 55
Artichoke hearts 12.5	Celery 29.6
Avocado, ½ cup 24	Endive 57
Canola oil, 1 tablespoon . . . 10	Green beans 30
Carrots 16	Green or Chinese cabbage . . 57
Cauliflower 10.5	Green or red leaf lettuce . . 45
Chayote 5.4	Kiwi 30
Cilantro, raw, ¼ cup 12.5	Okra 32
Corn 0.5	Red cabbage 30
Cucumbers, peeled 17	Romaine lettuce 48
Edamame 20.5	Watercress 85
Eggplant 1.5	Wheat grass powder, 4 grams 35
Green peppers 13.2	101–200 mcg
Iceberg lettuce 17	Brussels sprouts 109
Most dried beans, peas, lentils 6	Kale, raw 112
Mushrooms 0	Onions, green tops 103.5
Natto 20.2	Spinach, raw 144
Olive oil, peanut oil, corn oil, 1 tablespoon 2.9	201–300 mcg
Onions, white/yellow 0.5	Greens (dandelion, Swiss chard, turnip), cooked . . 280
Parsnips 0.8	Parsley, raw, ¼ cup 246
Potatoes 1.7	301–400 mcg
Radishes 1.5	Greens (beet, collard), cooked 360
Seaweed, dried, 7 grams (1 tablespoon) 1.8	401–500 mcg
Summer squash 3.2	Mustard greens 414
Tomatoes 14.2	Spinach, cooked 444
Turnips 0	More than 500 mcg
26–100 mcg	Kale, cooked 573
Asparagus, cooked 45.5	
Black-eyed peas 31	