



Coumadin® (Warfarin) and Your Diet

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The main dietary concern of taking warfarin has to do with the amount of vitamin K in your diet. Vitamin K changes the way warfarin affects the blood. When you eat foods that are high in vitamin K, you can decrease the effect of warfarin. Likewise, eating less vitamin K can increase the effect of the medication

The key is to try to eat a similar amount of foods that contain vitamin K each day. Don't make any major changes to your diet without speaking with your doctor. If you want to lose weight, eat a lower fat diet or become a vegetarian, your doctor would want to know about these changes to help manage your warfarin.

Leafy green vegetables have contain higher amounts of vitamin K and one rule of thumb is to suspect that green veggies, cabbages and lettuces are high in Vitamin K. Also certain legumes like peanuts and peas might cause problems. Certain vegetable oils have high amounts of vitamin K.

Foods that are low in vitamin K include roots, bulbs, tubers, some fruits and fruit juices. Cereals, grains and other milled products are low in vitamin K.

Keep in mind that the amount of foods you eat with vitamin K add up. So if you eat a more foods that contain medium amounts of vitamin K in a particular day, your vitamin K intake will be high for that day.

What about alcohol?

You should avoid drinking alcohol while taking warfarin because alcohol can change the way your body responds to the medicine. Talk with your doctor about this. He or she may tell you that it's fine to drink alcohol but may want you to have a similar amount of alcohol each day so that your blood levels of warfarin remain stable.

High (over 40 mcg Vitamin K per serving)

| Vegetables | Serving Size | mcg per serving |
|------------------------------|---------------------|------------------------|
| Spinach, frozen | 10 oz. | 1189.5 |
| Parsley, raw | 1 cup | 984.0 |
| Spinach, cooked | 1 cup | 888.5 |
| Collard Greens, cooked | 1 cup | 836.0 |
| Kale, raw, chopped | 1 cup | 547.4 |
| Swiss Chard, raw | 1 cup | 298.8 |
| Mustard greens, raw, chopped | 1 cup | 278.5 |
| Broccoli, cooked, chopped | 1 cup | 220.2 |
| Brussels sprouts, cooked | 1 cup | 218.8 |
| Onions, green/scallions, raw | 1 cup | 207.0 |
| Brussels sprouts, raw | 1 cup | 155.8 |
| Spinach, raw | 1 cup | 144.9 |
| Turnip greens, raw | 1 cup | 138.1 |
| Endive, raw, chopped | 1 cup | 115.6 |
| Broccoli, raw, chopped | 1 cup | 92.5 |
| Watercress, raw | 1 cup | 85.0 |

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|------------------------------|----------|------|
| Okra, cooked | 1 cup | 64.0 |
| Lettuce, green leaf, raw | 1 cup | 62.5 |
| Peas, green, frozen, cooked | 10 oz | 60.7 |
| Lettuce, Boston/Bibb, raw | 1 cup | 56.3 |
| Leek, raw | 1 medium | 41.8 |
| Lettuce, Romaine, raw | 1 cup | 48.2 |
| Cabbage, napa, raw, shredded | 1 cup | 42.0 |
| Peas, green, cooked | 1 cup | 41.4 |
| Peas, sugar snap, cooked | 1 cup | 40.0 |

| Legumes and Beans | Serving Size | mcg per serving |
|--------------------------|---------------------|------------------------|
| Soybeans (ddamame) | 1 cup | 87.4 |

| Misc. | Serving Size | mcg per serving |
|-----------------|---------------------|------------------------|
| Cilantro, fresh | 9 sprigs | 62.0 |

Medium (between 20 and 40 mcg Vitamin K per serving)

| Vegetables | Serving Size | mcg per serving |
|---------------------------------|---------------------|------------------------|
| Lettuce, red leaf, raw | 1 cup | 39.3 |
| Asparagus, cooked | 5 spears | 38.0 |
| Spaghetti/Marinara sauce | 1 cup | 34.8 |
| Asparagus, raw | 5 spears | 33.5 |
| Cabbage, red, raw, shredded | 1 cup | 26.7 |
| Lettuce, Iceberg, raw | 2 cups | 26.6 |
| Cabbage, Chinese, raw, shredded | 1 cup | 25.1 |
| Tomatoes, sun-dried | 1 Cup | 23.2 |
| Peas & onions, frozen, cooked | 1 cup | 21.8 |
| Carrots, cooked, slices | 1 cup | 21.4 |
| Cauliflower, cooked | 1 cup | 21.4 |

| Fruits | Serving Size | mcg per serving |
|-----------------------------|---------------------|------------------------|
| Pumpkin, canned | 1 cup | 39.2 |
| Kiwi fruit | 1 medium | 30.6 |
| Blackberries | 1 cup | 28.5 |
| Blueberries | 1 cup | 28.0 |
| Grapes, red/green, seedless | 1 cup | 23.4 |

| Legumes and Beans | Serving Size | mcg per serving |
|---------------------------|---------------------|------------------------|
| Bean sprouts, mung, fresh | 1 cup | 34.3 |
| Cashews | 1/2 cup | 23.8 |

| Misc. | Serving Size | mcg per serving |
|--------------|---------------------|------------------------|
| Thyme, dried | 1 tsp | 24.0 |