



Vitamin K and Warfarin

About Warfarin and eating in general:

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.

The amounts listed in these tables are certainly more than would be recommended for a particular meal. For instance, it is unlikely that you would eat 10 rice cakes at a sitting. The amount listed is a guide to an amount that you could eat in a particular day and get a consistent level of vitamin K.

Please note that there are items on this list that I don't feel have any place in a healthy diet. I try not to tell people that they cannot eat what they want – this is your choice. That said, doughnuts, for instance, have little to redeem them. They are a combination of flour, sugar and lard that has been deep fried. Your choice and I provide the information on vitamin K content for you but you would be better off without them (especially three of them!).



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Beverages

Category	Item	Amount	Vitamin K	
Coffee	Instant decaffeinated	4 fluid ounces	Low	
	Fresh from beans	4 fluid ounces	Low	
Tea	Black (brewed)	4 fluid ounces	Low	
	Black (leaves)		High	
	Decaffeinated (brewed)	4 fluid ounces	Low	
	Green (brewed)	4 fluid ounces	Low	
	Green (leaves)	4 fluid ounces	High	
Soda	Regular cola	4 fluid ounces	Low	
	Non-calorie cola	4 fluid ounces	Low	
	Ginger ale		Low	
	Kool-aid	4 fluid ounces	Low	
Juice	Apple	4 fluid ounces	Low	
	Cranberry	4 fluid ounces	Low	
	Grape (from frozen concentrate)	4 fluid ounces	Low	
	Grapefruit (from frozen concentrate)	4 fluid ounces	Low	
	Orange (from frozen concentrate)	4 fluid ounces	Low	
	Pineapple	4 fluid ounces	Low	
	Prune	4 fluid ounces	Low	
	Tomato	4 fluid ounces	Low	
	Lemonade (from frozen concentrate)	4 fluid ounces	Low	
Alcoholic Beverages	Beer (regular and light)	4 fluid ounces	Low	
	Martini	4 fluid ounces	Low	
	Sake	4 fluid ounces	Low	
	Whiskey	4 fluid ounces	Low	
	Wine	4 fluid ounces	Low	



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Starches

Category	Item	Amount	Vitamin K
Cereal	Raisin Bran	3.5 ounces	Low
	Granola	3.5 ounces	Low
	Cheerios	3.5 ounces	Low
	Shredded Wheat	3.5 ounces	Low
	Rice Krispies	3.5 ounces	Low
	Cornflakes	3.5 ounces	Low
	Grits (cooked)	1/2 cup	Low
	Cream of Wheat	1/2 cup	Low
Bread	Bagel	2	Low
	English Muffin	2	Low
	Cracked wheat bread	4 slices	Low
	Rye bread	4 slices	Low
	White bread	4 slices	Low
	Whole wheat bread	4 slices	Low
	Biscuit (from the refrigerator case)	3	Low
	Biscuit (homemade)	3	Low
	Cornbread	1 piece	Low
	Blueberry muffin	1	Low
	Dinner roll	1	Low
	Tortilla	3	Low
	Pancakes (mix)	2 six inch	Low
Crackers	Saltine	30 crackers	Low
	Rice cake	10	Low
	Graham crackers	7	Low
Pasta & Rice	Egg noodles (cooked)	3/4 cup	Low
	Macaroni (cooked)	3/4 cup	Low
	Spaghetti (cooked)	3/4 cup	Low
	White rice (cooked)	1/2 cup	Low
Flour	Wheat flour	3/4 cup	Low
	Rice flour	1/2 cup	Low
	Buckwheat flour	3/4 cup	Low



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Condiments & Misc.

Category	Item	Amount	Vitamin K
Sweets	Honey	1/4 cup	Low
	Jelly or preserves	1/4 cup	Low
	Granulated sugar	1/2 cup	Low
	Pancake syrup	1/4 cup	Low
	Chocolate syrup	1/4 cup	Low
Sauces	Catsup	2/3 cup	Low
	Prepared yellow mustard	2/3 cup	Low
Misc.	Olives	20 large	Low
	Dill pickle (4 in. x 1.5 in)	1 1/2	Low
	Sweet pickle (3 in. x 3/4 in)	3	Low



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Desserts

Category	Item	Amount	Vitamin K
Baked goods	Brownies (from mix)	4	Low
	Cake doughnuts	3	Low
	Chocolate cake / chocolate icing	2 slices	Low
	Yellow cake / white icing	1 slice	Low
	Chocolate chip cookies	8	Low
	Oreos	10	Low
	Sugar cookies	6	Low
	Apple pie	1/8 pie	Low
	Pumpkin pie	1/8 pie	Low
Candy	Caramel	13 pieces	Low
	Milk chocolate candy bar	3.5 ounces	Low
	Lollypops	15	Low
Other	Jello	1/3 cup	Low
	Chocolate pudding (from mix)	1/3 cup	Low
Frozen	Vanilla ice cream	3/4 cup	Low
	Chocolate milk shake	4 fluid ounces	Low
	Fruit sherbet	1/2 cup	Low
	Popsicle	3.5 fluid ounces	Low

Eggs

Category	Item	Amount	Vitamin K
Eggs	Boiled eggs	2 large	Low
	Fried Eggs	2 large	Low
	Scrambled eggs	2 large	Low



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Fats, Oils and Dressings

Category	Item	Amount	Vitamin K
Fats	Butter	2/3 cup	Low
	Stick Margarine	2/3 cup	Medium
	Mayonnaise*	2/3 cup	Medium
Oils	Almond	2/3 cup	Low
	Canola	2/3 cup	High
	Corn	2/3 cup	Low
	Olive	2/3 cup	Low
	Peanut	2/3 cup	Low
	Safflower	2/3 cup	Low
	Sesame	2/3 cup	Low
	Soybean	2/3 cup	High
	Sunflower	2/3 cup	Low
	Walnut	2/3 cup	Low
Sauces	Homemade brown gravy	1/4 cup	Low
	Homemade white sauce	1/4 cup	Low

* Mayonnaise is labeled as medium because it is often made with canola or soybean oil. Mayonnaise made with other oils will be lower in Vitamin K.



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Dairy

Category	Item	Amount	Vitamin K
Dairy	Coffeemate imitation creamer	1/4 cup	Low
	Half and Half	2/3 cup	Low
	Sour cream	1/2 cup	Low
	American cheese	4 ounces	Low
	Cheddar cheese	4 ounces	Low
	Cottage cheese	1/4 cup	Low
	Cream cheese	2/3 cup	Low
	Swiss cheese	4 ounces	Low
	Evaporated milk	4 fluid ounces	Low
	2% milk	4 fluid ounces	Low
	Skim milk	4 fluid ounces	Low
	Whole milk	4 fluid ounces	Low
	Non-fat yogurt	4 fluid ounces	Low
	Low-fat yogurt	4 fluid ounces	Low



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Fruit

Category	Item	Amount	Vitamin K
Fruit	Green apple peel	One peel	Medium
	Red apple peel	One peel	Low
	Red apple	One	Low
	Applesauce	1/2 cup	Low
	Apricot	3	Low
	Avocado	1 small	Low
	Banana	1 medium	Low
	Blueberries	1/2 cup	Low
	Cantaloupe	2/3 cup	Low
	Cherries	15	Low
	Cranberry sauce	1/3 cup	Low
	Fruit cocktail in syrup	1/2 cup	Low
	Grapefruit	1/2	Low
	Red seedless grapes	1 cup	Low
	Green seedless grapes	1 cup	Low
	Kiwi	1 medium	Low
	Lemon	2 medium	Low
	Orange	1 small	Low
	Peach	1 medium	Low
	Canned pears in syrup	1/2 cup	Low
	Fresh pear	1 small pear	Low
	Plums	1 1/2	Low
	Dried prunes	12	Low
	Canned pumpkin	1/2 cup	Low
	Raisins	2/3 cup	Low
	Fresh strawberries	2/3 cup	Low
	Watermelon	2/3 cup	Low



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Meat

Category	Item	Amount	Vitamin K
Beef	Chuck roast	4 ounces	Low
	Ground beef	4 ounces	Low
	Tenderloin	4 ounces	Low
	Flank steak	4 ounces	Low
	Top round	4 ounces	Low
	Veal cutlet	4 ounces	Low
	Bologna	4 slices	Low
	Hot dogs	2 hot dogs	Low
Poultry	Chicken breast	4 ounces	Low
	Chicken thigh	4 ounces	Low
	Chicken leg	4 ounces	Low
	Turkey breast	4 ounces	Low
Pork	Pork chop	4 ounces	Low
	Pork loin roast	4 ounces	Low
	Bacon	15 slices	Low
	Sausage patties	4	Low
	Sausage links	6	Low
	Salami	4 slices	Low
	Sliced deli ham	4 slices	Low



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Seafood

Category	Item	Amount	Vitamin K
Fish	Haddock	4 ounces	Low
	Mackerel	4 ounces	Low
	Salmon	4 ounces	Low
	Sardines (canned in olive oil)	4 ounces	Low
	Salmon	4 ounces	Low
	Squid	4 ounces	Low
	Fresh tuna	4 ounces	Low
	Tuna (canned in water)	4 ounces	Low
Shellfish	Clams	5 large	Low
	Oysters	7 medium	Low
	Shrimp	4 ounces	Low

Legumes

Category	Item	Amount	Vitamin K
Beans	Kidney	1/2 cup cooked	Low
	Pinto	1/2 cup cooked	Low
	Peas	2/3 cup cooked	Low
	Tofu	1/2 cup	Low
Nuts	Dry roasted mixed nuts	4 ounces	Low
	Dry roasted peanuts	4 ounces	Low
	Raw peanuts	4 ounces	Low
	Peanut butter	2/3 cup	Low
	Raw pecans	4 ounces	Low
	Raw pistachios	4 ounces	Low



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Vegetables

Category	Item	Amount	Vitamin K
	Artichoke	1/3	Low
	Asparagus	7 spears	Medium
	Avocado	1 small	Low
	Green beans	3/4 cup	Low
	Lima beans	1/2 cup	Low
	Peas	2/3 cup cooked	Low
	Beets	1/2 cup	Low
	Broccoli	1/2 cup	High
	Brussels sprouts	5	High
	White cabbage	2/3 cup	High
	Carrot	1/2 cup	Low
	Cauliflower	1/2 cup	Low
	Celery	2 1/2 ribs	Medium
	Swiss chard	1/2 cup cooked	High
	Chives	2 cups chopped	High
	Collard greens	1/2 cup	High
	Cilantro	6 cups	High
	Corn	2/3 cup kernels	Low
	Cucumber (remove peel)	1 cup slices	Low
	Eggplant	1 cup diced	Low
	Endive	2 cups	High
	Kale	1/2 cup	High
	Leek	1 cup chopped	Low
	Bibb lettuce	1 cup chopped	High
	Red leaf lettuce	1 cup chopped	High
	Iceberg lettuce	1/2 cup	Medium
	Romaine Lettuce	1 cup	High
	Mustard greens	1 1/2 cups	High
	Shiitake mushrooms	5 mushrooms	Low
	Button mushrooms	1 cup	Low
	Okra	1/2 cup	Medium
	Green onion	2/3 cup	High
	White or yellow onion	2/3 cup	Low
	Parsley	1 1/2 cup	High
	Parsnip	2 parsnips	Low
	Green pepper	1/2 pepper	High
	Potato	1 medium	Low
	Radish	1 cup sliced	Low
	Spinach	1/2 cup cooked	High



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	Yellow squash	1/2 cup slices	Low
	Acorn squash	1/2 cup	Low
	Sweet potato	1 cup	Low
	Tomato sauce (bottled)	1/2 cup	Low
	Tomato	1	Low
	Turnip	4 ounces	Low
	Turnip greens	1 1/2 cups	High
	Watercress	3 cups	High

Snacks

Category	Item	Amount	Vitamin K
	Popcorn (air popped)	8 cups	Low
	Popcorn (popped in oil*)	8 cups	Low
	Potato chips	4 ounces	Low
	Corn chips	4 ounces	Low
	Salted pretzels	4 ounces	Low

* Choose the oil carefully as some oils are higher in Vitamin K. See the **Fats, Oils and Dressings** table.