

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.

Looking for a food that's not on this list?

There's an easy way to find out about the nutrition content of any food. Just use the USDA National Nutrient Database:

<http://www.nal.usda.gov/fnic/foodcomp/search/>

By entering an ingredient and following the steps this website will report the complete nutritional values of any ingredient and many prepared foods. The Vitamin K content is the last listing at the bottom of the Vitamins section. If it is not there, the food or ingredient that you searched on doesn't contain enough Vitamin K to be reported.

Item	Serving Size	Vit K (mcg)
Spinach, frozen	1 oz.	118.9
Parsley, raw	1 cup	984
Spinach, cooked	1 cup	888.5
Collard Greens, cooked	1 cup	836
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
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
Soybeans (ddamame)	1 cup	87.4
Watercress, raw	1 cup	85
Okra, cooked	1 cup	64

Lettuce, green leaf, raw	1 cup	62.5
Cilantro, fresh	9 sprigs	62
Peas, green, frozen, cooked	10 oz	60.7
Lettuce, Boston/Bibb, raw	1 cup	56.3
Lettuce, Romaine, raw	1 cup	48.2
Cabbage, napa, raw, shredded	1 cup	42
Leek, raw	1 medium	41.8
Peas, green, cooked	1 cup	41.4
Peas, sugar snap, cooked	1 cup	40
Lettuce, red leaf, raw	1 cup	39.3
Pumpkin, canned	1 cup	39.2
Asparagus, cooked	5 spears	38
Spaghetti/Marinara sauce	1 cup	34.8
Bean sprouts, mungo, fresh	1 cup	34.3
Asparagus, raw	5 spears	33.5
Kiwi fruit	1 medium	30.6
Blackberries	1 cup	28.5
Blueberries	1 cup	28
Cabbage, red, raw, shredded	1 cup	26.7
Cabbage, Chinese, raw, shredded	1 cup	25.1
Thyme, dried	1 tsp	24
Cashews	1/2 cup	23.8
Grapes, red/green, seedless	1 cup	23.4
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
Beans, green, cooked	1 cup	20
Pickle, gherkin	1 medium	19.1
Carrots, raw, strips or slices	1 cup	16.1
Cauliflower, raw	1 cup	16
Snow peas, raw	1 cup	15.8
Pine nuts	1 oz	15.3
Beans, kidney, dried, cooked	1 cup	14.9
Cucumber	1 medium	14.5
Lettuce, Iceberg, raw	1 cup	13.3
V-8 juice	1 cup	12.8
Sage, ground	1 tsp	12
Pickle, dill	1 medium	11.9
Tomatoes, cherry	1 cup	11.8

Celery	1 stalk	11.7
Lettuce, arugula	1/2 cup	10.9
Avocado	1/4 whole	10.5
Beans, red kidney, canned	1 cup	10.5
Basil, fresh	5 leaves	10.4
Prunes, dried	2 each	10
Tomato, raw	1 medium	9.7
Oil, soybean	1 tsp.	8.9
Pepper, green bell	1 medium	8.8
Tomatoes, canned, whole	1 cup	7.7
Beans, navy, canned	1 cup	7.6
Zucchini, cooked	1 cup	7.6
Pear	1 medium	7.5
Milk, soy	1 cup	7.3
Mango	1 cup	6.9
Tomato sauce, canned, no salt	1 cup	6.8
Chives	1 Tbsp	6.4
Pepper, red chili, hot	1 each	6.3
Squash, summer, cooked	1 cup	6.3
Oregano, dried	1 tsp	6.2
Beans, pinto, dried, cooked	1 cup	6
Beans, red kidney, dried, cooked	1 cup	5.8
Pepper, red bell	1 medium	5.8
Beans, kidney, canned	1 cup	5.6
Tomato juice, canned, no salt	1 cup	5.6
Oil, canola	1 tsp.	5.5
Beans, pinto, canned	1 cup	5.3
Melon, honeydew, diced	1 cup	4.9
Tomato, plum	1 whole	4.9
Potato, red, cooked	1 medium	4.8
Potato, white, baked	1 medium	4.7
Pie, apple	1 piece	4.4
Plum	1 each	4.2
Cantaloupe, cubed	1 cup	4
Melon, cantaloupe, diced	1 cup	3.9
Beans, lima, dried, cooked	1 cup	3.8
Pecans, chopped	1 cup	3.8
Marjoram, ground	1 tsp	3.7
Mayonnaise, reduced calorie	1 Tbsp.	3.6
Lentils, dry, cooked	1/4 cup	3.4

Pepper	1 tsp	3.4
Liver, beef, cooked	3.5 ounces	3.3
Strawberries, fresh, sliced	1 cup	3.2
Walnuts, chopped	1 cup	3.2
Apple, with peel	1 medium	3
Cherries, no pits	1 cup	3
Cloves, ground	1 tsp	3
Eggplant, cooked, cubed	1 cup	2.9
Eggplant, raw, cubed	1 cup	2.9
Chocolate, bakers, bittersweet	1 square	2.8
Chili powder	1 tsp	2.7
Oil, olive	1 tsp.	2.7
Potato, sweet, cooked	1 medium	2.6
Fish, tuna, canned	3.5 ounces	2.5
Peach	1 medium	2.5
Raisins	1/2 cup	2.5
Relish	1 Tbsp	2.5
Capers	1 Tbsp	2.1
Curry powder	1 tsp	2
Egg substitute	1 cup	2
Squash, butternut, cooked, cubed	1 cup	2
Cranberries, raw	1/3 cup	1.9
Tomato paste	1 Tbsp	1.8
Cheese, ricotta, reduced fat	1 cup	1.7
Cheese, swiss, low fat	1 oz	1.7
Paprika	1 tsp	1.7
Parsnips, cooked	1 cup	1.6
Applesauce	1 cup	1.5
Beef, cooked, lean	3.5 ounces	1.5
Cranberries, dried	1/3 cup	1.5
Turkey sausage, cooked	3.5 ounces	1.5
Beef, ground, fried, lean	3.5 ounces	1.4
Olives, ripe, canned	3.5 oz	1.4
Pepper, jalapeno	1 medium	1.4
Pepper, red, ground	1 tsp	1.4
Cereal, oatmeal	1 cup	1.2
Beans, navy, dried, cooked	1 cup	1.1
Pineapple, fresh, diced	1 cup	1.1
Barley, dry	1/4 cup	1
Tortilla, flour, 6-inch	1 each	1

Bulgar, cooked	1 cup	0.9
Cheese, cottage	1 cup	0.9
Apple, peeled	1 medium	0.8
Bread, white/wheat/rye	1 slice	0.8
Cheese, cheddar	1 oz	0.8
Crackers, graham	2 squares	0.8
Rice, wild, cooked	1 cup	0.8
Cheese, blue	1 oz	0.7
Cheese, fontina	1 oz	0.7
Cheese, goat	1 oz	0.7
Cheese, monteray	1 oz	0.7
Cinnamon, ground	1 tsp	0.7
Corn, yellow, cooked	1 cup	0.7
Banana	1 medium	0.6
Oil, sesame	1 tsp.	0.6
Onions, white/red/yellow, raw	1 cup	0.6
Anchovies, fillets	1 each	0.5
Cheese, feta	1 oz	0.5
Cheese, parmesan	1 oz	0.5
Chicken stock	1 cup	0.5
Corn, yellow, raw	1 cup	0.5
Milk, whole	1 cup	0.5
Yogurt, plain, low-fat	1 cup	0.5
Beets, cooked, sliced	1 cup	0.4
Cheese, mozzarella, part skim	1 oz	0.4
Cornmeal, yellow	1 cup	0.4
Cream cheese	1 Tbsp.	0.4
Flour	1cup	0.4
Mustard	1 Tbsp	0.4
Butter	1 tsp.	0.3
Cereal, cream of wheat	1 cup	0.3
Chicken, cooked, breast, no skin	3.5 ounces	0.3
Clams, canned, chopped	1 can	0.3
Graham crackers	2-1/2 square	0.3
Ketchup	1 Tbsp	0.3
Melba toast, plain	1 cup, rounds	0.3
Oil, safflower	1 tsp.	0.3
Beef stock	1 cup	0.2
Buttermilk, non-fat	1 cup	0.2
Cheese, cheddar, reduced fat	1 oz	0.2

Coffee, brewed	1 cup	0.2
Couscous, cooked	1 cup	0.2
Lime juice	1 oz	0.2
Milk, 2 percent	1 cup	0.2
Mustard, seed	1 tsp	0.2
Orange juice	1 cup	0.2
Scallops, cooked	3.5 ounces	0.2
Turnips, cooked	1 cup	0.2
Watermelon, fresh, cubed	1 cup	0.2
Worcestershire sauce	1 Tbsp	0.2
Chocolate syrup	2 Tbsp	0.1
Crabmeat, cooked	1 cup	0.1
Cumin, seed	1 tsp	0.1
Egg, whole, large	1 each	0.1
Egg, yolk large	1 each	0.1
Fish, cod, cooked	3.5 ounces	0.1
Fish, sole, cooked	3.5 ounces	0.1
Garlic	3 cloves	0.1
Jam/jelly, apricot	1 Tbsp	0.1
Milk, dry, non fat	1 cup	0.1
Milk, dry, non-fat	1 cup	0.1
Oil, corn	1 tsp.	0.1
Sour cream	1 Tbsp.	0.1
Wafer, chocolate	1 each	0.1
Allspice	1 tsp	0
Almonds	1 oz	0
Bacon, pork, cooked	2 strips	0
Bagel	1 whole	0
Baking powder	1 tsp	0
Baking soda	1 tsp	0
Bay leaves, crushed	1 tsp	0
Beans, black, dried, cooked	1 cup	0
Beans, garbanzo, canned	1 cup	0
Beans, great northern, canned	1 cup	0
Beans, great northern, dried, cooked	1 cup	0
Beer	12 oz	0
Biscuit	1	0
Bourbon	1 oz	0
Carbonated soda	12 oz	0
Cardomom, ground	1 tsp	0

Celery Seed	1 tsp	0
Clams, fresh	3.5 ounces	0
Cocoa, dry, powered	2 Tbsp	0
Coffee, instant, granules	1 tsp	0
Cornbread	1 piece – 2.5 x 2.5-inch	0
Cornmeal, blue	100 grams	0
Cornstarch	1 cup	0
Crackers, saltine	4 squares	0
Croutons, plain	1 cup	0
Currants	1/2 cup	0
Dill, fresh	5 sprigs	0
Egg, white, large	1 each	0
English muffin	1	0
Fennel	1 bulb	0
Fish, grouper, cooked	3.5 ounces	0
Fish, haddock, cooked	3.5 ounces	0
Fish, halibut, cooked	3.5 ounces	0
Fish, salmon, cooked	3.5 ounces	0
Fish, tuna, cooked	3.5 ounces	0
Garlic powder	1 tsp	0
Gelatin, dry, unflavored	1 envelope	0
Gelatin, fruit flavored	1 cup	0
Ginger root	1 tsp	0
Ginger, ground	1 tsp	0
Grapefruit juice	1 cup	0
Grits, cooked	1 cup	0
Grits, cooked	1 cup	0
Honey	1 Tbsp.	0
Jam/jelly	1 Tbsp.	0
Lamb, cooked	3.5 ounces	0
Lemon	1 medium	0
Lemon juice	1 oz	0
Lime	1 medium	0
Maple syrup	1 Tbsp	0
Milk, coconut	1 cup	0
Milk, evaporated, non-fat	1 cup	0
Mint	2 Tbsp	0
Mushrooms, raw	1 cup	0
Mussels, cooked	3.5 ounces	0
Nutmeg, ground	1 tsp	0

Oil, grapeseed	1 tsp.	0
Oil, peanut	1 tsp.	0
Orange	1 medium	0
Orange peel	1 tsp.	0
Pasta, dry	1 oz	0
Peanut butter, low fat	1/4 cup	0
Peanuts	2 Tbsp	0
Pepper, yellow sweet	1 medium	0
Pistachio nuts	1 cup	0
Pork, cooked	3.5 ounces	0
Pudding	1 cup	0
Rice, white & brown, cooked	1 cup	0
Rosemary	1 tsp	0
Saffron	1 Tbsp	0
Sake	1 oz	0
Salt	1 tsp	0
Sesame seeds	1 tsp	0
Shallots, chopped	1 Tbsp	0
Sherbet	1 cup	0
Shrimp, cooked	3.5 ounces	0
Sour cream, non fat	1 cup	0
Soy sauce	1 Tbsp	0
Splenda	1 tsp	0
Squash, acorn	1 cup	0
Sugar, white or brown	1 Tbsp.	0
Tabasco sauce	1 tsp	0
Tahini	1 Tbsp	0
Tarragon, dried	1 tsp	0
Tea, brewed	1 cup	0
Tofu	3.5 oz	0
Tortilla, corn, 6-inch	1 each	0
Turkey pepperoni	3.5 ounces	0
Turkey, cooked, no skin	3.5 ounces	0
Vanilla extract	1 tsp	0
Vinegar	1 Cup	0
Vodka	1 oz	0
Wasabi root	1	0
Wine	1 cup	0
Yeast, dry, active	1 tsp	0