# Vitamin K and Warfarin (Coumadin®) Guidelines

While on Warfarin…..

* It is important to follow a diet that is CONSISTENT in vitamin K.
  Sudden changes in how much Vitamin K you eat can change the way this medicine affects your body.

* Do not make significant changes to your diet. It is especially important to avoid a sudden increase in foods that are high or very high in Vitamin K (i.e. Dark green leafy vegetables please see list below).

* If you do not normally eat foods high or very high in Vitamin K, then it is better to avoid them.

* Please pay attention to portion size, for example having a big salad made with leafy greens vs. a piece of lettuce on a sandwich. The salad will be much higher in Vitamin K.

* Please also note that 1 cup of a cooked vegetable will have significantly more Vitamin K in it than the raw version per serving (ex: spinach). This is because the cooked vegetable shrinks down, and there is actually more of the vegetable in a single serving when compared to the raw serving.

* Please let all your health care providers know if you start taking any vitamins or nutritional supplements, as these may affect this medication.

* Please let the health care provider who manages your anticoagulation therapy know if you have made significant changes to your diet.

**Vitamin K Table**

Please identify the foods you normally eat in these columns, and make sure you keep your intake consistent.
Serving Size: 1 Cup unless otherwise specified

| MODERATE (50-99 mcg) | HIGH (100-400 mcg) | **VERY HIGH (401-1800 mcg)** |
|---|---|---|
| Black-eyed peas (cooked) 63 | Beef liver, 3.5 oz, 104 | **Beet greens (cooked) 697** |
| Broccoli (raw) 89 | Broccoli (cooked) 220 | **Collard greens (cooked) 1059** |
| Cabbage (cooked) 73 | Brussels sprouts (cooked) 219 | **Kale (cooked) 1146** |
| Canola oil, 3 Tbsp, 60 | Dandelion greens (cooked) 203 | **Mustard greens (cooked) 419** |
| Coleslaw 71 | Endive (raw) 115 | **Seaweed (dried), 3.5 oz, 1700** |
| Lettuce- iceberg, green leaf, romaine (raw) 50-97 | Lettuce- butterhead, red leaf (raw) 130-166 | **Spinach (cooked) 888** |
| Liver-chicken, pork, 3.5 oz, 80-88 | Parsley (raw), 10 sprigs, 164 | **Turnip greens (cooked) 529** |
| Okra (cooked) 88 | Scallions (raw) 207 | |
| Prunes 65 | Sauerkraut (canned) 135 | |
| Rhubarb (frozen) 71 | Spinach (raw) 144 | |
| | Soybean oil, 3 Tbsp, 228 | |

References: USDA National Nutrient Database for Standard Reference, Release 18
Bowes & Church's Food Values of Portions Commonly Used, 17th Ed. By Jean A.T. Penninigton 1998
Date of Origin: September 4, 2008
Revised: October 24, 2008