

Legacy Health




Warfarin (Coumadin®) and Vitamin K Foods

If you take warfarin, it's important to know how foods containing vitamin K can affect your treatment.

Suddenly eating more foods with vitamin K may decrease the effect of warfarin, putting you at a higher chance of clotting. Drastically cutting back on the amount of vitamin K foods you eat may increase the effect of warfarin, and increase your chances of bleeding.

What kinds of foods contain vitamin K?

Serving sizes are 1 cup unless otherwise noted – 1 cup is about the size of your fist

MODERATE (40-99mcg)	HIGH (100-400mcg)	VERY HIGH (401-1200mcg)
<ul style="list-style-type: none"> ▪ Avocado (1 small to medium) ▪ Asparagus (4 spears) ▪ Broccoli, raw ▪ Black eyed peas, cooked ▪ Coleslaw ▪ Edamame, cooked & frozen ▪ Green leaf and romaine lettuces, raw ▪ Okra, cooked 	<ul style="list-style-type: none"> ▪ Broccoli, cooked ▪ Brussels sprouts, cooked ▪ Cabbage, cooked ▪ Butterhead and red leaf lettuces, raw ▪ Plums/prunes dried, stewed ▪ Radicchio, raw ▪ Scallions, raw ▪ Spinach, raw 	<ul style="list-style-type: none"> ▪ Beet greens, cooked ▪ Collard greens, cooked ▪ Kale, cooked ▪ Mustard greens, cooked ▪ Seaweed, dried (3.5 oz) ▪ Spinach, cooked ▪ Turnip greens, cooked ▪ Dandelion greens, cooked
		

How can I make sure I am getting a consistent amount of vitamin K in my diet?

- The recommended daily allowance of vitamin K is 90mcg for women, and 120mcg for men.
- Try to eat the same amount of the foods that have vitamin K from week to week. For example, if you eat a salad every day, do not all of the sudden stop eating them!
- Pay attention to serving size! Spinach shrinks down when cooked. A cup of cooked spinach has much more vitamin K than a cup of raw spinach.
- Talk to your doctor or anticoagulation clinic before making large changes to the foods you eat.

Questions? If you have questions or would like more information, please call your anticoagulation clinic