

What do I need to know about Warfarin and vitamin K?

Warfarin (Coumadin) is a medicine that helps keep the blood from clotting.

- Many foods and supplements can affect how the medicine works.

Vitamin K works to clot blood. That means it can weaken the effect of Warfarin.

- People who take Warfarin do **not** need to avoid foods that contain vitamin K.
- Many foods with vitamin K are healthy and should be included as part of a healthy diet.

The most important thing is to keep the amount of vitamin K in your diet the same from day to day.

- If you take in more vitamin K than normal, you are more at risk for clotting.
- If you take in less vitamin K than normal, you are at risk for bleeding.

How do I keep vitamin K intake the same from day to day?

- Eat the same amount of foods with vitamin K each day.
 - For example, eat 1 high vitamin K food and 1 moderate vitamin K food every day.
 - The chart on the next page shows which foods have a high or moderate amount of Vitamin K.
 - There is not a set amount of vitamin K that you are supposed to eat in a day.
 - Ask your dietitian if you have questions about foods that are not on the list.
 - Talk to your doctor or dietitian before making any changes to your diet.
- Do not take any dietary or herbal supplements or teas without talking to your doctor or dietitian. This includes vitamin E supplements, garlic, ginseng, St. John's Wort, and ginkgo.
- Nutrition shakes, like Ensure®, Pediasure® or Boost®, and some vitamins have high amounts of Vitamin K. If you use these now, continue to take the same amount every day. Talk with the doctor or your dietitian before you change how much you take.

Note: Alcohol, grapefruit juice and herbal tea may also impact how well Warfarin works.

Foods High in Vitamin K (not a complete list)

Food	Serving Size	Amount of Vit. K (mcg)
Kale		
Cooked	½ cup	531
Raw	1 cup	113
Spinach		
Cooked	½ cup	444
Raw	1 cup	145
Collards		
Cooked	½ cup	418
Raw	1 cup	184
Swiss Chard		
Cooked	½ cup	287
Raw	1 cup	299
Turnip Greens		
Cooked	½ cup	265
Raw	1 cup	138
Mustard Greens		
Cooked	½ cup	210
Raw	1 cup	279
Parsley, Raw	¼ cup	246
Broccoli		
Cooked	1 cup	220
Raw	1 cup	89
Brussels Sprouts	1 cup	219
Endive Lettuce, Raw	1 cup	116

Food Moderate in Vitamin K (not a complete list)

Food	Serving Size	Amount of Vit. K (mcg)
Cabbage, cooked	½ cup	82
Green Leaf Lettuce	1 cup	71
Prunes, Stewed	1 cup	65
Romaine Lettuce, Raw	1 cup	57
Green onions or scallions	¼ cup	52
Radicchio, raw	½ cup	51
Asparagus	4 spears	48
Avocado	1 cup	48
Soybeans	½ cup	43
Tuna, canned in oil	3 oz (1 can)	37
Black-eyed peas	½ cup	33
Blue/Black berries	1 cup	29
Peas	½ cup	29
Edamame, cooked	½ cup	21
Okra, raw	½ cup	16

Fruits (besides those listed above), dairy products, grains, and meat/poultry typically have low amounts of vitamin K

Remember: Avoid alcohol, grapefruit juice and herbal medicines and teas while taking Warfarin.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.