

Warfarin (Coumadin®) And Your Diet

How does what I eat affect Warfarin (Coumadin®)?

Warfarin (Coumadin®) is a blood thinner that helps prevent clots from forming in the blood vessels and the heart. Foods high in vitamin K can affect the way Coumadin® works in your body. The more vitamin K rich foods you eat, the lower the levels of Coumadin® in your body. This means your INR (International Normalized Ratio) will be lower and you will be more likely to form a blood clot.

The **international normalized ratio (INR)** is a laboratory **measurement** of how long it takes your blood to form a clot.

What can I do to help keep my INR in the desired range?

While taking this medication, it is important that you eat a healthy, balanced diet and maintain your (INR) in a safe and effective range. All foods can fit in your meal plan. To keep your INR stable and within the recommended range it is important to:

- Eat the same number of servings of high Vitamin K foods each week. A good rule is, the greener the plant the higher the Vitamin K level.
- Check with your anti-coagulation service nurse before starting to take vitamins or other nutritional supplements or making any major food changes in your diet.
- If desired, gradually increase eating foods containing higher amounts of vitamin K, such as leafy green vegetables. Once the desired amount is reached, keep your diet consistent.
- Use the chart below to assist with planning meals which will

keep your vitamin K intake consistent from week to week.

- Read food labels to check for foods fortified with Vitamin K.
- Understand drinking more than 2 alcoholic drinks a day may increase your INR.

Vitamin K Food List

Amounts for 100 gm serving size (unless indicated otherwise)

High = more than 80 µg

Medium = between 30 to 80 µg

Low = less than 30 µg

Beverages

Low

- Coffee
- Cola
- Fruit Juice
- Milk
- Tea
- Water

High

- Green Tea Leaves

Dairy

Low

- Butter
- Cheddar Cheese
- Eggs
- Sour Cream
- Yogurt

Fats and dressings —

Based on 2 Tablespoons portions

Low

- Margarine

High

- Mayonnaise

Oils

Low

- Canola
- Corn Olive
- Peanut
- Safflower
- Sesame
- Sunflower

Medium

- Salad
- Soybean

Fruits

Low

- Apple
- Banana
- Blueberries
- Cantaloupe
- Grapes
- Grapefruit
- Lemons
- Orange
- Peach

Medium

- Apple Peel — green

Also: Cranberries, juice and pills may increase INR

Meat

Low

- Beef
- Chicken
- Ham
- Mackerel
- Pork
- Shrimp
- Tuna
- Turkey
- Beef liver
- Chicken liver
- Liverwurst

Grains

Low

- Bagel —plain
- Bread — assorted types
- Cereals — assorted typed
- Flour — assorted types
- Oatmeal instant
- Rice — white
- Spaghetti

Legumes and nuts

Low

- Flaxseeds
- Walnuts, pecans

Medium

- Cashews
- Pine nuts
- Pistachio nuts
- Soybean
- Sunflower seeds

Supplements — per serving

Low

- Carnation instant Breakfast
- Ensure
- Slim Fast

Medium

- Boost—High protein

Vegetables

Low

- Beans — Green $\frac{3}{4}$ cups
- Carrots — $\frac{2}{3}$ cup
- Cauliflower — 1 cup
- Celery — 2 $\frac{1}{2}$ stalks
- Corn — $\frac{2}{3}$ cup
- Cucumber with peel
- Eggplant — 1 $\frac{1}{4}$ cup
- Mushrooms — 1 $\frac{1}{2}$ cup
- Onion — $\frac{2}{3}$ cup
- Parsnip
- Pepper-green — 1 cup
- Potato raw —1
- Squash-summer — $\frac{1}{2}$ cup
- Sweet potato-baked —1

Medium

- Asparagus — 7 spears
- Avocado—1 small
- Cabbage-red—1 $\frac{1}{2}$ cups
- Peas-green— $\frac{2}{3}$ cup

High

- Broccoli— $\frac{1}{2}$ cup
- Brussel Sprouts—5 sprouts
- Collard greens— $\frac{1}{2}$ cup
- Endive—2 cups
- Kale— $\frac{3}{4}$ cup
- Lettuce (leaf, red, romaine)—1 $\frac{3}{4}$ cup
- Mustard greens—1 $\frac{1}{2}$ cup
- Onion-green scallion— $\frac{2}{3}$ cup
- Parsley—1 $\frac{1}{2}$ cup
- Seaweed
- Spinach-raw leaf—1 $\frac{1}{2}$ cup
- Swiss chard— $\frac{1}{2}$ cup
- Turnip greens-raw—1 $\frac{1}{2}$ cups
- V—8 juice
- Watercress-raw—3 cups

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