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.

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

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

**Oils**

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

- **Medium**
  - Salad
  - Soybean

**Based on 2 Tablespoons portions**

- Low
  - Margarine

- High
  - Mayonnaise
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

<table>
<thead>
<tr>
<th>Low</th>
<th>High</th>
</tr>
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<tbody>
<tr>
<td>• Beans — Green ¾ cups</td>
<td>• Broccoli—1/2 cup</td>
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<tr>
<td>• Carrots — 2/3 cup</td>
<td>• Brussel Sprouts—5 sprouts</td>
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<tr>
<td>• Cauliflower — 1 cup</td>
<td>• Collard greens—1/2 cup</td>
</tr>
<tr>
<td>• Celery — 2 ½ stalks</td>
<td>• Endive—2 cups</td>
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<tr>
<td>• Corn — 2/3 cup</td>
<td>• Kale—3/4 cup</td>
</tr>
<tr>
<td>• Cucumber with peel</td>
<td>• Lettuce (leaf, red, romaine)—1 ¾ cup</td>
</tr>
<tr>
<td>• Eggplant — 1 ¼ cup</td>
<td>• Mustard greens—1 ½ cup</td>
</tr>
<tr>
<td>• Mushrooms — 1 ½ cup</td>
<td>• Onion-green scallion—2/3 cup</td>
</tr>
<tr>
<td>• Onion — 2/3 cup</td>
<td>• Parsley—1 ½ cup</td>
</tr>
<tr>
<td>• Parsnip</td>
<td>• Seaweed</td>
</tr>
<tr>
<td>• Pepper-green — 1 cup</td>
<td>• Spinach-raw leaf—1 ½ cup</td>
</tr>
<tr>
<td>• Potato raw —1</td>
<td>• Swiss chard—1/2 cup</td>
</tr>
<tr>
<td>• Squash-summer —1/2 cup</td>
<td>• Turnip greens-raw—1 ½ cups</td>
</tr>
<tr>
<td>• Sweet potato-baked —1</td>
<td>• V—8 juice</td>
</tr>
<tr>
<td>• Asparagus — 7 spears</td>
<td>• Watercress-raw—3 cups</td>
</tr>
<tr>
<td>• Avocado—1 small</td>
<td></td>
</tr>
<tr>
<td>• Cabbage-red—1 ½ cups</td>
<td></td>
</tr>
<tr>
<td>• Peas-green—2/3 cup</td>
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</tbody>
</table>

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Reviewers: Elizabeth Renner, PharmD, BCPS, BCACP, CACP; Kathy Rhodes, PhD, RD

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