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

The international normalized ratio (INR) is a laboratory measurement of how long it takes your blood to form a clot.
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
<table>
<thead>
<tr>
<th>Fruits</th>
<th>Grains</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low</strong></td>
<td><strong>Low</strong></td>
</tr>
<tr>
<td>Apple</td>
<td>Bagel — plain</td>
</tr>
<tr>
<td>Banana</td>
<td>Bread — assorted types</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Cereals — assorted typed</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Flour — assorted types</td>
</tr>
<tr>
<td>Grapes</td>
<td>Oatmeal instant</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Rice — white</td>
</tr>
<tr>
<td>Lemons</td>
<td>Spaghetti</td>
</tr>
<tr>
<td>Orange</td>
<td></td>
</tr>
<tr>
<td>Peach</td>
<td></td>
</tr>
<tr>
<td><strong>Medium</strong></td>
<td><strong>Medium</strong></td>
</tr>
<tr>
<td>Apple Peel — green</td>
<td>Cashews</td>
</tr>
<tr>
<td>Also: Cranberries, juice and pills may increase INR</td>
<td>Pine nuts</td>
</tr>
<tr>
<td>Legumes and nuts</td>
<td>Pistachio nuts</td>
</tr>
<tr>
<td><strong>Low</strong></td>
<td>Soybean</td>
</tr>
<tr>
<td><strong>Medium</strong></td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td><strong>Supplements — per serving</strong></td>
<td><strong>Supplements — per serving</strong></td>
</tr>
<tr>
<td>Carnation instant Breakfast</td>
<td>Carnation instant Breakfast</td>
</tr>
<tr>
<td>Ensure</td>
<td>Ensure</td>
</tr>
<tr>
<td>Slim Fast</td>
<td>Slim Fast</td>
</tr>
<tr>
<td><strong>Medium</strong></td>
<td>Boost—High protein</td>
</tr>
</tbody>
</table>
### Vegetables

#### Low
- Beans — Green ¾ cups
- Carrots — 2/3 cup
- Cauliflower — 1 cup
- Celery — 2 ½ stalks
- Corn — 2/3 cup
- Cucumber with peel
- Eggplant — 1 ¼ cup
- Mushrooms — 1 ½ cup
- Onion — 2/3 cup
- Parsnip
- Pepper-green — 1 cup
- Potato raw — 1
- Squash—summer — 1/2 cup
- Sweet potato—baked — 1

#### Medium
- Asparagus — 7 spears
- Avocado—1 small
- Cabbage-red—1 ½ cups
- Peas-green—2/3 cup

#### High
- Broccoli—1/2 cup
- Brussel Sprouts—5 sprouts
- Collard greens—1/2 cup
- Endive—2 cups
- Kale—3/4 cup
- Lettuce (leaf, red, romaine)—1 ¾ cup
- Mustard greens—1 ½ cup
- Onion-green scallion—2/3 cup
- Parsley—1 ½ cup
- Seaweed
- Spinach—raw leaf—1 ½ cup
- Swiss chard—1/2 cup
- Turnip greens—raw—1 ½ cups
- V—8 juice
- Watercress—raw—3 cups

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