**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

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 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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