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
<table>
<thead>
<tr>
<th>Fruits</th>
<th>Grains</th>
<th>Supplements — per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>Low</td>
<td>Low</td>
</tr>
<tr>
<td>• Apple</td>
<td>• Bagel — plain</td>
<td>• Carnation instant Breakfast</td>
</tr>
<tr>
<td>• Banana</td>
<td>• Bread — assorted types</td>
<td></td>
</tr>
<tr>
<td>• Blueberries</td>
<td>• Cereals — assorted types</td>
<td></td>
</tr>
<tr>
<td>• Cantaloupe</td>
<td>• Flour — assorted types</td>
<td></td>
</tr>
<tr>
<td>• Grapes</td>
<td>• Oatmeal instant</td>
<td></td>
</tr>
<tr>
<td>• Grapefruit</td>
<td>• Rice — white</td>
<td></td>
</tr>
<tr>
<td>• Lemons</td>
<td>• Spaghetti</td>
<td></td>
</tr>
<tr>
<td>• Orange</td>
<td></td>
<td>• Boost—High protein</td>
</tr>
<tr>
<td>• Peach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>Medium</td>
<td></td>
</tr>
<tr>
<td>• Apple Peel — green</td>
<td>• Cashews</td>
<td></td>
</tr>
<tr>
<td>Also: Cranberries, juice and pills may increase INR</td>
<td>• Pine nuts</td>
<td></td>
</tr>
<tr>
<td>Meat</td>
<td>Medium</td>
<td></td>
</tr>
<tr>
<td>Low</td>
<td>• Pistachio nuts</td>
<td></td>
</tr>
<tr>
<td>• Beef</td>
<td>• Soybean</td>
<td></td>
</tr>
<tr>
<td>• Chicken</td>
<td>• Sunflower seeds</td>
<td></td>
</tr>
<tr>
<td>• Ham</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Mackerel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Pork</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Shrimp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Tuna</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Turkey</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Beef liver</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Chicken liver</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Liverwurst</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cardiovascular Center
Warfarin (Coumadin®) And Your Diet
-3-
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

Disclaimer: This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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

Patient Education by Michigan Medicine is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. Last Reviewed 01/2022