

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

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