

# Coumadin Therapy and Your Diet

## What is the Coumadin® Diet Connection?

A medication called Coumadin® (warfarin) has been prescribed for you, to “thin” your blood, prevent the formation of blood clots, and prevent existing clots from getting larger.

Vitamin K is needed to make clotting factors that help the blood to clot and prevent bleeding. Most adults should aim for the Daily Value (DV) Vitamin K, which is 120 micrograms (mcg) a day.

Vitamin K occurs naturally in many foods that may be a part of your meals during the course of a day or week. Some foods are low in vitamin K and some are high in vitamin K. The foods with highest vitamin K content are green, leafy vegetables.

## What changes do I need to make to my diet?

You should focus on eating a **consistent** amount of Vitamin K in your diet every day to help make sure the Coumadin® prescribed by your doctor works the way it was intended.

Eating foods high in Vitamin K one day and not the next can affect the way your Coumadin® works. To help keep your Coumadin dose consistent, it is recommended to limit foods high in Vitamin K content (foods with more than 100 mcg). Note the listed portion size for each food. Eating a larger portion will increase your Vitamin K intake.

## High Vitamin K Foods (more than 100mcg)

Food	Serving	Vitamin K (mcg)
Broccoli, cooked	½ cup	110
Brussel Sprouts, cooked	½ cup	109
Endive, raw	1 cup	116
Greens, Beet, cooked	½ cup	350
Greens, Collard, cooked from frozen	½ cup	418
Greens, Collard, cooked from fresh	½ cup	530
Greens, Mustard, cooked	½ cup	210
Greens, Turnip, cooked from fresh	½ cup	265
Greens, Turnip, cooked from frozen	½ cup	425
Kale, cooked from fresh or frozen	½ cup	531
Kale, raw	½ cup	274

## High Vitamin K Foods (more than 100mcg) - continued

Food	Serving	Vitamin K (mcg)
Natto (fermented soybeans)	3 ounces	850
Onions, green or scallion, cooked	½ cup	105
Parsley, raw	10 sprigs	164
Spinach, cooked	½ cup	444
Spinach, raw	1 cup	145
Swiss chard, cooked	½ cup	287

## Moderate Vitamin K Foods (25-100mcg)

Food	Serving	Vitamin K (mcg)
Asparagus, cooked from fresh	5 spears	38
Asparagus, cooked from frozen	½ cup	72
Broccoli, raw	½ cup	45
Cabbage, cooked	½ cup	37
Cabbage, green, cooked	½ cup	82
Dried peas, black-eyed, cooked	½ cup	32
Kiwi Fruit, raw	1 medium	31
Lettuce, green leaf, raw	1 cup	63
Lettuce, romaine, raw	1 cup	57
Okra, cooked from frozen	½ cup	44
Prunes, dried	5 each	25
Watercress, raw	1 cup	85

## Low Vitamin K Foods (less than 25 mcg)

Food	Serving	Vitamin K (mcg)
Artichoke, fresh	1 medium	18
Avocado, raw	1 ounce	6
Beans, yellow or green, cooked	½ cup	10
Blackberries or blueberries	½ cup	14
Cabbage, raw	½ cup	8
Cauliflower, raw	½ cup	8
Celery, raw	½ cup	18
Cucumber, raw with peel	½ cup	9
Dried peas and beans, most types	½ cup	5-9
Edamame	½ cup	21
Figs, dried	¼ cup	6
Grapes	½ cup	12
Lettuce, iceberg	½ cup	13
Mango	1 medium	9
Margarine	1 Tbsp.	15
Mayonnaise	1 Tbsp.	6
Nuts: pine nuts or cashews	1 ounce	15
Oil, canola	1 Tablespoon	10
Oil, olive	1 Tablespoon	8
Oil, soybean	1 Tablespoon	25
Papaya	1 medium	8
Parsley, dried	1 Tablespoon	18
Pear	1 medium	8
Peas, green, cooked	½ cup	19
Pickles, dill or kosher	1 spear	14
Pumpkin, canned	½ cup	20
Salad dressings	1 Tablespoon	15
Sauerkraut, cooked	½ cup	16
Seeds, pumpkin	1 ounce	16
Soymilk	8 ounces	7
Tomato sauce (spaghetti, marinara or tomato paste)	½ cup	17
Tomato, raw	1 medium	10

## Vitamin K Free Foods (less than 5 mcg)

Food	Serving
Bread and cereal products	1 ounce or ½ cup
Cheese, all types	1 ounce
Eggs	1 large
Fish and shellfish	3 ounces
Fruit: whole, canned or juice not previously listed	1 each or ½ cup
Meat and poultry, all types	3 ounces
Milk and dairy products, all types	1 cup
Nuts not previously listed	1 ounce
Seeds, sunflower	2 Tablespoon
Vegetables and vegetable juices, not previously listed	½ cup

Are there other items in my diet that can interact with Coumadin®?

Alcohol can increase the effects of Coumadin®. Talk to your doctor about any alcohol you drink and whether or not it can affect your blood clotting.

Many over-the-counter supplements, such as vitamin E, ginger, garlic, and ginkgo can affect blood clotting. You should also talk to your doctor or pharmacist and discuss any herbs, vitamins, or mineral supplements you are taking before you start to take your Coumadin®.

**If you have any questions, please call  
the Nutrition Department at Roswell Park**

**716-845-2398**