

# 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

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# Low Vitamin K Foods (less than 25 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         18           Cucumber, raw with peel         ½ cup         9           Dried peas and beans, most types         ½ cup         9           Edamame         ½ cup         21           Figs, dried         ½ 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, solybean         1 Tablespoon         8           Papaya         1 medium         8           Parsley, dried         1 Tablespoon         18           Pear         1 medium         8           Pear </th <th>Food</th> <th>Serving</th> <th>Vitamin K (mcg)</th>	Food	Serving	Vitamin K (mcg)
Beans, yellow or green, cooked         ½ cup         14           Blackberries or blueberries         ½ cup         14           Cabbage, raw         ½ cup         8           Calliflower, 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         ½ cup         6           Grapes         ½ cup         12           Lettuce, iceberg         ½ cup         13           Mango         1 medium         9           Margarine         1 Tbsp.         6           Mayonnaise         1 Tbsp.         6           Nuts: pine nuts or cashews         1 ounce         15           Oil, canola         1 Tablespoon         8           Oil, olive         1 Tablespoon         8           Oil, olive         1 Tablespoon         8           Oil, soybean         1 Tablespoon         18           Pear         1 medium         8           Pear, green, cooked         ½ cup         19           Pickle	Artichoke, fresh	1 medium	18
Blackberries or blueberries         ½ cup         14           Cabbage, raw         ½ cup         8           Cauliflower, raw         ½ cup         18           Celery, raw         ½ cup         9           Dried peas and beans, most types         ½ cup         9           Dried peas and beans, most types         ½ cup         5-9           Edamame         ½ cup         6           Grapes         ½ 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, canola         1 Tablespoon         25           Oil, soybean         1 Tablespoon         25           Papaya         1 medium         8           Parsley, dried         1 Tablespoon         18           Pear         1 medium         8           Pear, green, cooked         ½ cup         19           Pickles, dill or	Avocado, raw	1 ounce	6
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         ½ 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         25           Oil, soybean         1 Tablespoon         25           Papaya         1 medium         8           Parsley, dried         1 Tablespoon         18           Pear         1 medium         8           Pear, green, cooked         ½ cup         19           Pickles, dill or kosher         1 spear         14           Pumpkin, canned	Beans, yellow or green, cooked	½ cup	10
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 6 Grapes ½ cup 12 Lettuce, iceberg 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 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 Seymilk 8 ounces 7 Tomato sauce (spaghetti, marinara or tomato paste)	Blackberries or blueberries	½ cup	14
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 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 tounce 16 Soymilk 8 ounces 7 Tomato sauce (spaghetti, marinara or tomato paste)	Cabbage, raw	½ cup	8
Cucumber, raw with peel½ cup9Dried peas and beans, most types½ cup5-9Edamame½ cup21Figs, dried¼ cup6Grapes½ cup12Lettuce, iceberg½ cup13Mango1 medium9Margarine1 Tbsp.15Mayonnaise1 Tbsp.6Nuts: pine nuts or cashews1 ounce15Oil, canola1 Tablespoon10Oil, olive1 Tablespoon8Oil, soybean1 Tablespoon25Papaya1 medium8Parsley, dried1 Tablespoon18Pear1 medium8Peas, green, cooked½ cup19Pickles, dill or kosher1 spear14Pumpkin, canned½ cup20Salad dressings1 Tablespoon15Sauerkraut, cooked½ cup16Seeds, pumpkin1 ounce16Soymilk8 ounces7Tomato sauce (spaghetti, marinara or tomato paste)½ cup17	Cauliflower, raw	½ cup	8
Dried peas and beans, most types  Edamame  ½ cup  Edamame  ½ cup  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  25  Papaya  1 medium  8  Parsley, dried  1 Tablespoon  18  Pear  1 medium  8  Peas, green, cooked  ½ cup  1 spear  1 pumpkin, canned  ½ cup  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)  **Cup  17  Tomato paste)  **Cup  17  Tomato sauce (spaghetti, marinara or tomato paste)  **Cup  17  Tomato sauce (spaghetti, marinara or tomato paste)  **Cup  17  Tomato sauce (spaghetti, marinara or tomato paste)  **Cup  17  Tomato sauce (spaghetti, marinara or tomato paste)  **Cup  12  11  21  21  21  21  21  21  21  2	Celery, raw	½ cup	
Edamame       ½ cup       21         Figs, dried       ½ 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, canola       1 Tablespoon       8         Oil, soybean       1 Tablespoon       25         Papaya       1 medium       8         Parsley, dried       1 Tablespoon       18         Pear       1 medium       8         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<	Cucumber, raw with peel	½ cup	9
Figs, dried         ½ 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           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           Seeds, pumpkin         1 ounce         7           Tomato sauce (spaghetti, marin	Dried peas and beans, most types	½ cup	5-9
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           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           Seymilk         8 ounces         7           Tomato sauce (spaghetti, marinara or tomato paste)         ½ cup         17	Edamame	½ cup	21
Lettuce, iceberg½ cup13Mango1 medium9Margarine1 Tbsp.15Mayonnaise1 Tbsp.6Nuts: pine nuts or cashews1 ounce15Oil, canola1 Tablespoon10Oil, olive1 Tablespoon25Papaya1 medium8Parsley, dried1 Tablespoon18Pear1 medium8Peas, green, cooked½ cup19Pickles, dill or kosher1 spear14Pumpkin, canned½ cup20Salad dressings1 Tablespoon15Sauerkraut, cooked½ cup16Seeds, pumpkin1 ounce16Soymilk8 ounces7Tomato sauce (spaghetti, marinara or tomato paste)1717	Figs, dried	¼ cup	6
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 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)	Grapes	½ cup	12
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 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) 15	Lettuce, iceberg	½ cup	13
Mayonnaise 1 Tbsp. 6 Nuts: pine nuts or cashews 1 ounce 15 Oil, canola 1 Tablespoon 10 Oil, olive 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) 17 Tomato paste)	Mango	1 medium	9
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Oil, canola1 Tablespoon10Oil, olive1 Tablespoon8Oil, soybean1 Tablespoon25Papaya1 medium8Parsley, dried1 Tablespoon18Pear1 medium8Peas, green, cooked½ cup19Pickles, dill or kosher1 spear14Pumpkin, canned½ cup20Salad dressings1 Tablespoon15Sauerkraut, cooked½ cup16Seeds, pumpkin1 ounce16Soymilk8 ounces7Tomato sauce (spaghetti, marinara or tomato paste)17	Mayonnaise	1 Tbsp.	6
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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) 17	Oil, olive	1 Tablespoon	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) 17	Oil, soybean	1 Tablespoon	25
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Sauerkraut, cooked  ½ cup  16  Seeds, pumpkin  1 ounce  5 oymilk  8 ounces  7  Tomato sauce (spaghetti, marinara or tomato paste)  16  17	Pumpkin, canned	½ cup	20
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tomato paste)	Soymilk	8 ounces	7
·	Tomato sauce (spaghetti, marinara or	½ cup	17
Tomato, raw 1 medium 10	tomato paste)		
	Tomato, raw	1 medium	10

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### 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 gingko 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<sup>®</sup>.

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

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