



Coumadin (warfarin) and Your Diet: Brief List

The main dietary concern of taking warfarin has to do with the amount of vitamin K in your diet. Vitamin K changes the way warfarin affects the blood. When you eat foods that are high in vitamin K, you can decrease the effect of warfarin. Likewise, eating less vitamin K can increase the effect of the medication.

The key is to try to eat a similar amount of foods that contain vitamin K each day. Don't make any major changes to your diet without speaking with your doctor. If you want to lose weight, eat a lower fat diet or become a vegetarian, your doctor would want to know about these changes to help manage your warfarin.

Leafy green vegetables have contain higher amounts of vitamin K and one rule of thumb is to suspect that green veggies, cabbages and lettuces are high in Vitamin K. Also certain legumes like peanuts and peas might cause problems. Certain vegetable oils have high amounts of vitamin K.

Foods that are low in vitamin K include roots, bulbs, tubers, some fruits and fruit juices. Cereals, grains and other milled products are low in vitamin K.

Keep in mind that the amount of foods you eat with vitamin K add up. So if you eat more foods that contain medium amounts of vitamin K in a particular day, your vitamin K intake will be high for that day.

What about alcohol?

You should avoid drinking alcohol while taking warfarin because alcohol can change the way your body responds to the medicine. Talk with your doctor about this. He or she may tell you that it's fine to drink alcohol but may want you to have a similar amount of alcohol each day so that your blood levels of warfarin remain stable.

High (over 40 mcg Vitamin K per serving)

Vegetables	Serving Size	mcg per serving
Spinach, frozen	10 oz.	1189.5
Parsley, raw	1 cup	984.0
Spinach, cooked	1 cup	888.5
Collard Greens, cooked	1 cup	836.0
Kale, raw, chopped	1 cup	547.4
Swiss Chard, raw	1 cup	298.8
Mustard greens, raw, chopped	1 cup	278.5
Broccoli, cooked, chopped	1 cup	220.2
Brussels sprouts, cooked	1 cup	218.8
Onions, green/scallions, raw	1 cup	207.0
Brussels sprouts, raw	1 cup	155.8
Spinach, raw	1 cup	144.9
Turnip greens, raw	1 cup	138.1
Endive, raw, chopped	1 cup	115.6
Broccoli, raw, chopped	1 cup	92.5
Watercress, raw	1 cup	85.0
Okra, cooked	1 cup	64.0
Lettuce, green leaf, raw	1 cup	62.5
Peas, green, frozen, cooked	10 oz	60.7
Lettuce, Boston/Bibb, raw	1 cup	56.3
Leek, raw	1 medium	41.8
Lettuce, Romaine, raw	1 cup	48.2
Cabbage, napa, raw, shredded	1 cup	42.0
Peas, green, cooked	1 cup	41.4
Peas, sugar snap, cooked	1 cup	40.0

Legumes and Beans	Serving Size	mcg per serving
Soybeans (edamame)	1 cup	87.4

Misc.	Serving Size	mcg per serving
Cilantro, fresh	9 sprigs	62.0

Medium (between 20 and 40 mcg Vitamin K per serving)

Vegetables	Serving Size	mcg per serving
Lettuce, red leaf, raw	1 cup	39.3
Asparagus, cooked	5 spears	38.0
Spaghetti/Marinara sauce	1 cup	34.8
Asparagus, raw	5 spears	33.5
Cabbage, red, raw, shredded	1 cup	26.7
Lettuce, Iceberg, raw	2 cups	26.6
Cabbage, Chinese, raw, shredded	1 cup	25.1
Tomatoes, sun-dried	1 Cup	23.2
Peas & onions, frozen, cooked	1 cup	21.8
Carrots, cooked, slices	1 cup	21.4
Cauliflower, cooked	1 cup	21.4

Fruits	Serving Size	mcg per serving
Pumpkin, canned	1 cup	39.2
Kiwi fruit	1 medium	30.6
Blackberries	1 cup	28.5
Blueberries	1 cup	28.0
Grapes, red/green, seedless	1 cup	23.4

Legumes and Beans	Serving Size	mcg per serving
Bean sprouts, mung, fresh	1 cup	34.3
Cashews	1/2 cup	23.8

Misc.	Serving Size	mcg per serving
Thyme, dried	1 tsp	24.0