



# Coumadin (warfarin) and Your Diet

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 a 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.

Vegetables	Serving Size	mcg per serving
Anchovies, fillets	1 each	0.5
Asparagus, raw	5 spears	33.5
Asparagus, cooked	5 spears	38.0
Beans, green, cooked	1 cup	20.0
Beets, cooked, sliced	1 cup	0.40
Broccoli, raw, chopped	1 cup	92.5
Broccoli, cooked, chopped	1 cup	220.2
Brussels sprouts, cooked	1 cup	218.8
Brussels sprouts, raw	1 cup	155.8
Cabbage, Chinese, raw, shredded	1 cup	25.1
Cabbage, napa, raw, shredded	1 cup	42.0
Cabbage, red, raw, shredded	1 cup	26.7
Carrots, raw, strips or slices	1 cup	16.1
Carrots, cooked, slices	1 cup	21.4
Cauliflower, raw	1 cup	16.0
Cauliflower, cooked	1 cup	21.4
Celery	1 stalk	11.7
Collard Greens, cooked	1 cup	836.0
Corn, yellow, cooked	1 cup	0.7
Corn, yellow, raw	1 cup	0.5
Cucumber	1 medium	14.5
Eggplant, raw, cubed	1 cup	2.9
Eggplant, cooked, cubed	1 cup	2.9
Endive, raw, chopped	1 cup	115.6
Fennel	1 bulb	0

Garlic	3 cloves	0.1
Kale, raw, chopped	1 cup	547.4
Leek, raw	1 medium	41.8
Lettuce, arugula	1/2 cup	10.9
Lettuce, Boston/Bibb, raw	1 cup	56.3
Lettuce, green leaf, raw	1 cup	62.5
Lettuce, red leaf, raw	1 cup	39.3
Lettuce, Romaine, raw	1 cup	48.2
Lettuce, Iceberg, raw	1 cup	13.3
Mushrooms, raw	1 cup	0
Mustard greens, raw, chopped	1 cup	278.5
Okra, cooked	1 cup	64.0
Onions, green/scallions, raw	1 cup	207.0
Onions, white/red/yellow, raw	1 cup	0.6
Parsley, raw	1 cup	984.0
Parsnips, cooked	1 cup	1.6
Peas, green, frozen, cooked	10 oz	60.7
Peas, green, cooked	1 cup	41.4
Peas & onions, frozen, cooked	1 cup	21.8
Peas, sugar snap, cooked	1 cup	40.0
Pepper, green bell	1 medium	8.8
Pepper, jalapeno	1 medium	1.4
Pepper, red bell	1 medium	5.8
Pepper, red chili, hot	1 each	6.3
Pepper, yellow sweet	1 medium	0
Potato, red, cooked	1 medium	4.8
Potato, white, baked	1 medium	4.7
Potato, sweet, cooked	1 medium	2.6
Shallots, chopped	1 Tbsp	0
Snow peas, raw	1 cup	15.8
Spaghetti/Marinara sauce	1 cup	34.8
Spinach, raw	1 cup	144.9
Spinach, cooked	1 cup	888.5
Spinach, frozen	10 oz.	1189.5
Squash, acorn	1 cup	0
Squash, butternut, cooked, cubed	1 cup	2.0
Squash, summer, cooked	1 cup	6.3
Swiss Chard, raw	1 cup	298.8
Tomato paste	1 Tbsp	1.8
Tomato, plum	1	4.9
Tomato, raw	1 medium	9.7
Tomato sauce, canned, no salt	1 cup	6.8
Tomatoes, canned, whole	1 cup	7.7
Tomatoes, cherry	1 cup	11.8
Tomatoes, sun-dried	1 Cup	23.2
Turnips, cooked	1 cup	0.2
Turnip greens, raw	1 cup	138.1
Watercress, raw	1 cup	85.0
Zucchini, cooked	1 cup	7.6

<b>Fruits</b>	<b>Serving Size</b>	<b>mcg per serving</b>
Apple, with peel	1 medium	3.0
Apple, peeled	1 medium	0.8
Applesauce	1 cup	1.5
Avocado	1/4	10.5
Banana	1 medium	0.6
Blackberries	1 cup	28.5
Blueberries	1 cup	28.0
Cantaloupe, cubed	1 cup	4.0
Cherries, no pits	1 cup	3.0
Cranberries, dried	1/3 cup	1.5
Cranberries, raw	1/3 cup	1.9
Currants	1/2 cup	0
Grapes, red/green, seedless	1 cup	23.4
Kiwi fruit	1 medium	30.6
Lemon	1 medium	0
Lime	1 medium	0
Mango	1 cup	6.9
Melon, cantaloupe, diced	1 cup	3.9
Melon, honeydew, diced	1 cup	4.9
Orange	1 medium	0
Orange peel	1 tsp.	0
Peach	1 medium	2.5
Pear	1 medium	7.5
Pineapple, fresh, diced	1 cup	1.1
Plum	1 each	4.2
Prunes, dried	2 each	10.0
Pumpkin, canned	1 cup	39.2
Raisins	1/2 cup	2.5
Strawberries, fresh, sliced	1 cup	3.2
Watermelon, fresh, cubed	1 cup	0.2

<b>Meats</b>	<b>Serving Size</b>	<b>mcg per serving</b>
Bacon, pork, cooked	2 strips	0
Beef, cooked, lean	3.5 ounces	1.5
Beef, ground, fried, lean	3.5 ounces	1.4
Beef stock	1 cup	0.2
Chicken, cooked, breast, no skin	3.5 ounces	0.3
Chicken stock	1 cup	0.5
Clams, canned, chopped	1 can	0.3
Clams, fresh	3.5 ounces	0
Crabmeat, cooked	1 cup	0.1
Fish, cod, cooked	3.5 ounces	0.1
Fish, grouper, cooked	3.5 ounces	0
Fish, haddock, cooked	3.5 ounces	0
Fish, halibut, cooked	3.5 ounces	0
Fish, salmon, cooked	3.5 ounces	0
Fish, sole, cooked	3.5 ounces	0.1
Fish, tuna, cooked	3.5 ounces	0
Fish, tuna, canned	3.5 ounces	2.5
Lamb, cooked	3.5 ounces	0
Liver, beef, cooked	3.5 ounces	3.3

Mussels, cooked	3.5 ounces	0
Pork, cooked	3.5 ounces	0
Scallops, cooked	3.5 ounces	0.2
Shrimp, cooked	3.5 ounces	0
Turkey, cooked, no skin	3.5 ounces	0
Turkey pepperoni	3.5 ounces	0
Turkey sausage, cooked	3.5 ounces	1.5

Starches	Serving Size	mcg per serving
Bagel	1 whole	0
Biscuit	1	0
Bread, white/wheat/rye	1 slice	0.8
Bulgar, cooked	1 cup	0.9
Cornbread	1 piece – 2.5 x 2.5-inch	0
Cornmeal, blue	100 grams	0
Cornmeal, yellow	1 cup	0.4
Cornstarch	1 cup	0
Couscous, cooked	1 cup	0.2
Crackers, saltine	4 squares	0
Crackers, graham	2 squares	0.8
Croutons, plain	1 cup	0
English muffin	1	0
Flour	1 cup	0.4
Grits, cooked	1 cup	0
Melba toast, plain	1 cup, rounds	0.3
Pasta, dry	1 oz	0
Rice, white & brown, cooked	1 cup	0
Rice, wild, cooked	1 cup	0.8
Tortilla, corn, 6-inch	1 each	0
Tortilla, flour, 6-inch	1 each	1.0

Cereals	Serving Size	mcg per serving
Barley, dry	1/4 cup	1.0
Cereal, oatmeal	1 cup	1.2
Cereal, cream of wheat	1 cup	0.3
Grits, cooked	1 cup	0

Legumes and Beans	Serving Size	mcg per serving
Almonds	1 oz	0
Bean sprouts, mungo, fresh	1 cup	34.3
Beans, black, dried, cooked	1 cup	0
Beans, garbanzo, canned	1 cup	0
Beans, great northern, dried, cooked	1 cup	0
Beans, great northern, canned	1 cup	0
Beans, kidney, dried, cooked	1 cup	14.9
Beans, kidney, canned	1 cup	5.6
Beans, red kidney, dried, cooked	1 cup	5.8
Beans, red kidney, canned	1 cup	10.5
Beans, lima, dried, cooked	1 cup	3.8
Beans, navy, dried, cooked	1 cup	1.1
Beans, navy, canned	1 cup	7.6
Beans, pinto, dried, cooked	1 cup	6.0

Beans, pinto, canned	1 cup	5.3
Cashews	1/2 cup	23.8
Lentils, dry, cooked	1/4 cup	3.4
Peanuts	2 Tbsp	0
Peanut butter, low fat	1/4 cup	0
Pecans, chopped	1 cup	3.8
Pine nuts	1 oz	15.3
Pistachio nuts	1 cup	0
Soybeans (ddamame)	1 cup	87.4
Tahini	1 Tbsp	0
Tofu	3.5 oz	0
Walnuts, chopped	1 cup	3.2

<b>Dairy</b>	<b>Serving Size</b>	<b>mcg per serving</b>
Buttermilk, non-fat	1 cup	0.2
Cheese, blue	1 oz	0.7
Cheese, cheddar	1 oz	0.8
Cheese, cheddar, reduced fat	1 oz	0.2
Cheese, cottage	1 cup	0.9
Cheese, feta	1 oz	0.5
Cheese, fontina	1 oz	0.7
Cheese, goat	1 oz	0.7
Cheese, monteray	1 oz	0.7
Cheese, mozzarella, part skim	1 oz	0.4
Cheese, parmesan	1 oz	0.5
Cheese, ricotta, reduced fat	1 cup	1.7
Cheese, swiss, low fat	1 oz	1.7
Egg, whole, large	1 each	0.1
Egg, white, large	1 each	0
Egg, yolk large	1 each	0.1
Egg substitute	1 cup	2.0
Milk, 2 percent	1 cup	0.2
Milk, dry, non-fat	1 cup	0.1
Milk, coconut	1 cup	0
Milk, evaporated, non-fat	1 cup	0
Milk, dry, non fat	1 cup	0.1
Milk, soy	1 cup	7.3
Milk, whole	1 cup	0.5
Sour cream, non fat	1 cup	0
Yogurt, plain, low-fat	1 cup	0.5

<b>Beverages</b>	<b>Serving Size</b>	<b>mcg per serving</b>
Beer	12 oz	0
Bourbon	1 oz	0
Carbonated soda	12 oz	0
Coffee, brewed	1 cup	0.2
Coffee, instant, granules	1 tsp	0
Grapefruit juice	1 cup	0
Lemon juice	1 oz	0
Lime juice	1 oz	0.2
Orange juice	1 cup	0.2
Sake	1 oz	0
Tea, brewed	1 cup	0

Tomato juice, canned, no salt	1 cup	5.6
V-8 juice	1 cup	12.8
Vodka	1 oz	0
Wine	1 cup	0

<b>Fats</b>	<b>Serving Size</b>	<b>mcg per serving</b>
Butter	1 tsp.	0.3
Cream cheese	1 Tbsp.	0.4
Mayonnaise, reduced calorie	1 Tbsp.	3.6
Oil, canola	1 tsp.	5.5
Oil, corn	1 tsp.	0.1
Oil, grapeseed	1 tsp.	0
Oil, olive	1 tsp.	2.7
Oil, peanut	1 tsp.	0
Oil, safflower	1 tsp.	0.3
Oil, sesame	1 tsp.	0.6
Oil, soybean	1 tsp.	8.9
Sour cream	1 Tbsp.	0.1

<b>Misc.</b>	<b>Serving Size</b>	<b>mcg per serving</b>
Allspice	1 tsp	0
Baking powder	1 tsp	0
Baking soda	1 tsp	0
Basil, fresh	5 leaves	10.4
Bay leaves, crushed	1 tsp	0
Capers	1 Tbsp	2.1
Cardomom, ground	1 tsp	0
Celery Seed	1 tsp	0
Chili powder	1 tsp	2.7
Chives	1 Tbsp	6.4
Cilantro, fresh	9 sprigs	62.0
Cinnamon, ground	1 tsp	0.7
Cloves, ground	1 tsp	3.0
Cumin, seed	1 tsp	0.1
Curry powder	1 tsp	2.0
Dill, fresh	5 sprigs	0
Garlic powder	1 tsp	0
Gelatin, dry, unflavored	1 envelope	0
Ginger, ground	1 tsp	0
Ginger root	1 tsp	0
Ketchup	1 Tbsp	0.3
Marjoram, ground	1 tsp	3.7
Mint	2 Tbsp	0
Mustard	1 Tbsp	0.4
Mustard, seed	1 tsp	0.2
Nutmeg, ground	1 tsp	0
Olives, ripe, canned	3.5 oz	1.4
Oregano, dried	1 tsp	6.2
Paprika	1 tsp	1.7
Pepper	1 tsp	3.4
Pepper, red, ground	1 tsp	1.4
Pickle, dill	1 medium	11.9
Pickle, gherkin	1 medium	19.1

Relish	1 Tbsp	2.5
Rosemary	1 tsp	0
Saffron	1 Tbsp	0
Sage, ground	1 tsp	12.0
Salt	1 tsp	0
Sesame seeds	1 tsp	0
Soy sauce	1 Tbsp	0
Tarragon, dried	1 tsp	0
Tabasco sauce	1 tsp	0
Thyme, dried	1 tsp	24.0
Vanilla extract	1 tsp	0
Vinegar	1 Cup	0
Wasabi root	1	0
Worcestershire sauce	1 Tbsp	0.2
Yeast, dry, active	1 tsp	0

<b>Sweets</b>	<b>Serving Size</b>	<b>mcg per serving</b>
Chocolate, bakers, bittersweet	1 square	2.8
Chocolate syrup	2 Tbsp	0.1
Cocoa, dry, powered	2 Tbsp	0
Gelatin, fruit flavored	1 cup	0
Graham crackers	2-1/2 square	0.3
Maple syrup	1 Tbsp	0
Pie, apple	1 piece	4.4
Pudding	1 cup	0
Sherbet	1 cup	0
Splenda	1 tsp	0
Sugar, white or brown	1 Tbsp.	0
Honey	1 Tbsp.	0
Jam/jelly	1 Tbsp.	0
Jam/jelly, apricot	1 Tbsp	0.1
Wafer, chocolate	1 each	0.1