

Warfarin(Coumadin) and Your Diet

If you are taking **Coumadin®(warfarin)** foods can affect how well this medication works for you. The most important thing to remember is to eat what you normally eat and *be consistent* in your diet.

- **Coumadin®(warfarin)** helps keep your blood from clotting, which increases your risk of bleeding.
- Always take your **Coumadin®(warfarin)** as directed.
- Always get your blood drawn as discussed with your anticoagulation provider, because diet, other medications and illness can affect your INR.
- Alcohol can increase the effect of **Coumadin®(warfarin)** in your body.
- Do not go on a weight loss plan while taking **Coumadin®(warfarin)**. For example, do not take Ensure or Slim fast without talking to your anticoagulation provider.
- Do not add any vitamins, herbal teas or nutritional supplements without talking to your anticoagulation provider.
- If you have **missed a dose**, you may take a missed dose if there are 12 hours or more until your next dose. If there are less than 12 hours until your next dose, skip the missed dose and continue with your warfarin schedule. Do not double the doses!

The INR (international normalized ratio) is a laboratory measurement of how long it takes your blood clot to form.

Keep Your Diet Steady

Vitamin K helps your blood clot. So eating foods that contain vitamin K can affect the way **Coumadin®(warfarin)** works. *You don't need to avoid foods containing Vitamin K, but need to be consistent in the amount you eat every day.* If you normally eat a salad for lunch- keep eating a salad for lunch. If you change your diet for any reason, be sure to tell your anticoagulation provider.

The highest amount of Vitamin K is in green leafy vegetables. For example Asparagus, Avocado, Broccoli, Brussels Sprouts, Cabbage, Coleslaw, Collard Greens, Endive, Kale, Lettuce, Mustard Greens, Sauerkraut, Soybeans, Spinach, Swiss Chard, Turnip Greens, Beef and Pork Liver, Mayonnaise, Margarine, Canola Oil, and Soybean Oil.

VITAMIN K FOOD LIST: (Amounts for 100gms serving size)

<u>LOW:</u>	<u>MEDIUM:</u>	<u>HIGH:</u>
(less than 30 µg)	Between 30-80 µg)	(more than 80 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 tablespoon portion)

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: Green Apple Peel

MEAT:

LOW: Beef, Chicken, Ham, Mackerel, Pork, Shrimp, Tuna, Turkey, Beef Liver, Chicken Liver, Liverwurst

GRAINS:

LOW: Bagel(plain), Bread (assorted types), Cereals (assorted types), Flour (assorted types), Oatmeal Instant, White Rice, Spaghetti

LEGUMES and NUTS:

LOW: Flaxseeds, Walnuts, Pecans

MEDIUM: Cashews, Pistachio Nuts, Soybean, Sunflower Seeds

SUPPLEMENTS: (Per serving)

LOW: Carnation Instant Breakfast, Ensure, Slim Fast

MEDIUM: Boost (high protein)

VEGETABLES:

LOW: Green Beans (3/4 cup), Carrots (2/3 cup), Cauliflower (1 cup), Celery (2 ½ stalks), Corn (2/3 cup), Cucumber with peel, Eggplant (1 ¼ cup), Mushrooms (1 ½ cup), Onion (2/3 cup), Parsnip, Green Pepper (1 cup), Potatoes Raw, Summer Squash (½ cup), Sweet Potatoes Baked.

MEDIUM: Asparagus (7 spears), Avocado (1 small), Red Cabbage (1 ½ cups), Green Peas (2/3 cup)

HIGH: Broccoli (1/2 cup), Brussel Sprouts (5 sprouts), Collard Greens (1/2 cup), Endive (2 cups), Kale (¾ cups), Lettuce (leaf, red, romaine 1 ¾ cups), Mustard Greens (1 ½ cups), Onions (green scallions – 2 /3 cup), Parsley (1 ½ cup), Seaweed, Spinach Raw (1 ½ cup), Swiss Chard (1 /2 cup), Turnip Greens raw (1 ½ cups), V-8 Juice (? Quantity), Watercress Raw (3 cups).

When should I contact my Anticoagulation provider?

It is important to contact your anticoagulation provider if you have any changes in your health. Please call the Anticoagulation Clinic at (734)998-6944 if you have any questions.

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