

WHAT IS COUMADIN?

Coumadin is an anticoagulant or blood thinner used to prevent harmful blood clots from forming in your blood vessels by decreasing your blood's ability to clot.

WHAT IS VITAMIN K?

Vitamin K is a nutrient that is found most commonly in plants and a small amount is also made by bacteria in the human gut. Vitamin K is necessary for normal blood clotting. If the human body is deficient in vitamin K, clotting deficiencies and excess bleeding could occur.

Interaction: *Coumadin works by decreasing the activity of vitamin K and as a result, it takes longer for a clot to form in the blood.*



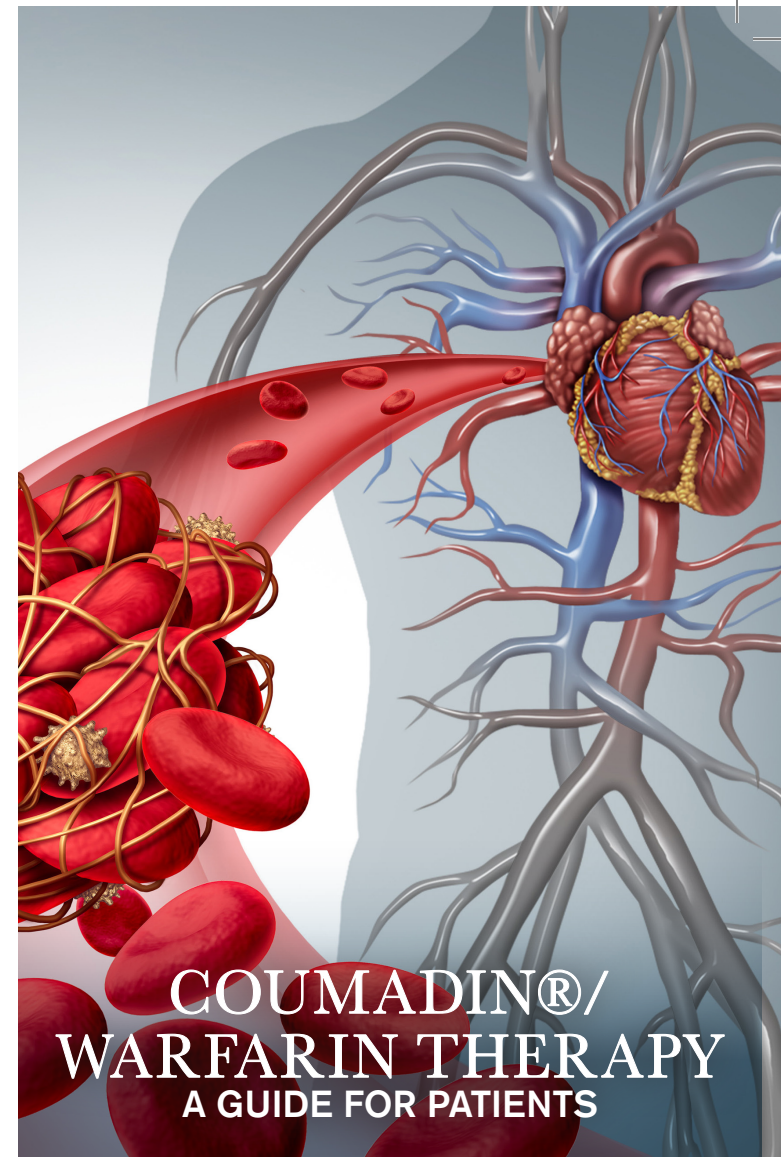
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COUMADIN®/
WARFARIN THERAPY
A GUIDE FOR PATIENTS



BAY REGION

DOING WHAT'S BEST.®

DO I NEED TO AVOID FOODS THAT CONTAIN VITAMIN K?

No. While limiting the amount of vitamin K containing foods you eat can increase the effect of Coumadin, the most important thing to remember is to keep your vitamin K intake consistent from day-to-day. Large changes in the amount of vitamin K you eat can affect the way your Coumadin works. Grapefruit and grapefruit juice should be avoided as they decrease the body's ability to metabolize Coumadin.

**** Do not make any major changes in your diet without consulting your physician first.***

WHAT FOODS CONTAIN VITAMIN K?

Foods that are high in vitamin K include broccoli, spinach and kale. Foods that are high in vitamin K will make a larger impact on your coumadin therapy. Note that there are other foods that contain moderate to low amounts of vitamin K and may need to be limited as well, depending on how often you eat them. Ask your dietitian about what foods will work best for your coumadin therapy.

* Alcohol, other medications and herbal supplements should be discussed with the appropriate healthcare provider.

VITAMIN K CONTENT IN FOODS

FOOD	PORTION SIZE	VITAMIN K	FOOD	PORTION SIZE	VITAMIN K
High Vitamin K Level Foods			Low Vitamin K Level Foods		
Mustard Greens	½ cup	400+mcg	Celery	1 stalk	12 mcg
Turnip Greens	½ cup	400+mcg	Tomato	1 tomato	10 mcg
Watercress	½ cup	260 mcg	Beans (green)	½ cup	10 mcg
Kale	½ cup	236 mcg	Carrot	½ cup	8 mcg
Brussel Sprouts	½ cup	150 mcg	Cauliflower	½ cup	8 mcg
Green Scallion	½ cup	104 mcg	Olive Oil	1 Tbsp	8 mcg
Spinach (raw)	½ cup	73 mcg	Pepper (green)	1 pepper	8 mcg
Broccoli	½ cup	45 mcg	Lettuce (iceberg)	½ cup	7 mcg
Asparagus	4 spears	30 mcg	Avocado	1 oz	6 mcg
Lettuce (Romaine)	½ cup	29 mcg	Potato	1 potato	4 mcg
Medium Vitamin K Level Foods			Eggplant	½ cup	2 mcg
Pickle (Dill)	1 pickle	25 mcg	Pumpkin	½ cup	1 mcg
Cabbage	½ cup	25 mcg	Onion	1 whole	0.4 mcg
Cucumber (peeled)	1 large	20 mcg	Corn	½ cup	0.25 mcg
Peas	½ cup	19 mcg	Mushroom	½ cup	Very Low
Parsley	1 Tbsp	18 mcg	Oils (canola, soybean)	1 Tbsp	Very Low
Sauerkraut	½ cup	16 mcg			
Cabbage (red)	½ cup	14 mcg			

Vitamin K Content	
Low	0-12 mcg
Medium	13-25 mcg
High	> 26 mcg

Adapted from www.ptinr.com/caf-ptinr