# Vitamin K and Warfarin

Warfarin is a drug that helps thin your blood. If you take warfarin, you will need to follow a diet that has a consistent amount of vitamin K-containing foods. Sudden changes in the amount of vitamin K that you eat can cause the medicine to not work as well as it should. You do not need to avoid vitamin K-containing foods.

## FOODS HIGH IN VITAMIN K

| Food | Serving Size |
|---|---|
| Broccoli, fresh or frozen, cooked | 1 cup |
| Greens, fresh or frozen, cooked (beet, collard, mustard, turnip) | 1/2 cup |
| Kale, fresh or frozen, cooked | 1/2 cup |
| Parsley, raw | 10 sprigs |
| Spinach, frozen or canned, cooked | 1/2 cup |

## FOODS MODERATELY HIGH IN VITAMIN K

| Food | Serving Size |
|---|---|
| Bok choy, cooked | 1 cup |
| Broccoli, raw | 1 cup |
| Brussels sprouts, fresh or frozen, cooked | 1/2 cup |
| Cabbage, cooked | 1 cup |
| Endive, raw | 1 cup |
| Green leaf lettuce, raw | 1 cup |
| Green scallions, raw | 1/4 cup |
| Okra, frozen, cooked | 1 cup |
| Romaine lettuce, raw | 1 cup |
| Sauerkraut, canned | 1 cup |
| Spinach, raw | 1 cup |

## KEEPING YOUR INTAKE CONSISTENT

- Note the foods that are high in vitamin K listed above. How many times per week do you eat these foods? Once, twice, or daily?
- For example, you may have cooked broccoli 1 time a week and a leafy green salad 3 times a week. In that case, you should have 1 high vitamin K food each week and 3 moderately high foods each week.
- Remember, you do not need to eat the same foods each week. Try to keep your intake levels about the same.

## MORE TIPS

- Take your warfarin as instructed.
- It is okay to take a multivitamin that contains vitamin K. Just be sure to take it every day.
- Avoid taking herbs unless approved by your caregiver.
- Discuss any supplements or whole food supplements with your pharmacist.
- If you drink alcohol, drink only in moderation while taking warfarin. If approved by your caregiver, have only 1 to 2 drinks per day. One drink = 5 ounces of wine, 12 ounces of beer, or 1 1/2 ounces of hard liquor.

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