



Coumadin and Your Diet

Coumadin (Warfarin) is a blood thinning medication which helps treat and prevent abnormal blood clotting.

It's always important to eat a healthy and balanced diet; but certain foods can affect how the medication works in your body. The main dietary concern is the amount of vitamin K taken in your diet. Vitamin K plays an important role in the formation of blood clots. Therefore, large amounts of Vitamin K can counteract the benefits of your Coumadin.

Do I Have To Avoid Foods High in Vitamin K?

The good news is you do not need to avoid foods containing Vitamin K. Consistency is the key. If you tend to eat foods high in Vitamin K try to make this your routine.

The following charts will give you an idea of what foods have a high or moderate level of Vitamin K. You may find it easier to stick to the same number of servings from each chart, each day.

<u>Food</u>	<u>Serving Size</u>
Asparagus	7 spears
Broccoli	½ cup
Brussel Sprouts	5 sprouts
Cabbage	1 cup shredded
Cucumber (with peel)	1 cup
Green Scallion	2/3 cup
Spinach (fresh)	1 cup
Lettuce	1 ½ cups
Tunip greens (raw)	1 ½ cups
Watercress (raw)	3 cups
Pistachio Nuts	3.5 oz
Swiss Chand (fresh)	½ cup
Endive	2 cup

Foods Moderate in Vitamin K

<u>Food</u>	<u>Serving Size</u>
Kiwi	1 ¼ medium
Tuna Canned In Oil	3.5 oz
Cabbage (red)	1 cup
Cauliflower	1 cup
Celery	2 ½ stalks
Peas (green, cooked)	½ cup
Pickles (dill)	1 ½ large
Margarine	7 tbsp
Mayonnaise	7 tbsp

Can I Drink Alcoholic Beverages?

Alcohol may increase the effect of your Coumadin therapy, leading to bleeding problems. Therefore it should be taken in moderation only. Some physicians may advise patients to avoid all alcoholic beverages. To be sure, check with your doctor.

What about Vitamins and other Dietary or Herbal Supplements?

Much is unknown about any dietary supplements. Therefore the safest policy is to avoid all dietary supplements, unless approved by your physician. This also includes any vitamin/ mineral supplements that list Vitamin K on the label. Also check with your doctor if wanting to take a Vitamin E supplement.

You should also avoid beverages that contain large amounts of Vitamin K, such as green tea.

Talk to your physician before making any major changes in your diet. If you are unable to eat for several days or are experiencing persistent upset stomach, diarrhea or fever consult your doctor, an adjustment in your Coumadin dose may be needed.

If you have any further questions please consult your pharmacist, Registered Dietitian or Physician.

Dietitian: _____

Phone #: _____