

GUIDE TO FOODS HIGH IN VITAMIN K

Warfarin (Coumadin) is an anticoagulation medication that helps treat and prevent blood clots by diminishing the activity of vitamin K. Vitamin K is the vitamin that your body uses naturally to promote blood clotting. Eating large amounts of vitamin K foods can counteract the benefits of Warfarin (Coumadin). It is important to maintain a consistent diet and discuss with your clinic nurse any questions about vitamin K foods or supplements containing vitamin K.

Dark green leafy vegetables contain the highest concentration of vitamin K. Speak with your clinic nurse if these are foods you consume frequently.

FOODS HIGH IN VITAMIN K (AVOID)

Cooked Kale	1 Cup	1062.1 mcg
Cooked Spinach	1 Cup	885.0 mcg
Cooked Collard Greens	1 Cup	836.0 mcg
Cooked Turnip Greens	1 Cup	529.0 mcg
Cooked Mustard Greens	1 Cup	419.0 mcg

FOODS MODERATELY HIGH IN VITAMIN K (LIMIT)

Cooked Brussels Sprouts	1 Cup	299.9 mcg
Cooked Broccoli	1 Cup	220.0 mcg
Raw Spinach	1 Cup	144.9 mcg
Cooked Asparagus	1 Cup	144.0 mcg
Sauerkraut	1 Cup	135.0 mcg
Raw Broccoli	1 Cup	89.4 mcg

Excessive amounts of vitamin K in your diet can lower your INR reading over time (thicken your blood). Remember that consistency is the key to a stable Warfarin (Coumadin) dose.

**USDA National Nutrient Database for Standard Reference