



How will diet affect Coumadin® (warfarin) ?

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C. National Institutes of Health (NIH) Vitamin K Factsheets

<http://nih.gov/factsheets/list-all/VitaminK/>

<http://nih.gov/pubs/factsheets/coumadin1>



How will diet affect my Coumadin® (warfarin) ?

While on **Coumadin® (warfarin)** you should eat a normal, balanced diet.

Some elements of your diet may affect your INR:

- * Foods high in vitamin K
- * Alcoholic beverages
- * Vitamins and nutritional supplements



Notify your anticoagulation provider:

- * Before making major changes to eating or drinking habits.
- * Before starting vitamins or nutrition supplements (for example **BOOST® Nutritional Drinks**, **Slim fast®** , **CARNATION® BREAKFAST ESSENTIALS™**, **Ensure®**).
- * If you are unable to eat or have diarrhea or vomiting for more than 24 hours.

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What does Vitamin K do?

- ✓ Your body uses vitamin K to help with clotting, so eating large amounts of vitamin K can reduce the effects of warfarin.



Which foods are high in vitamin K?

- ✓ Common foods high in vitamin K are leafy green vegetables, such as: kale, spinach, greens, Brussels sprouts, broccoli, and asparagus.

Should I avoid foods that are high in vitamin K?

No, but it is important to stay consistent – eat the same amount of vitamin K foods from week to week.

- Eating more vitamin K than usual may cause LOW INR (greater clotting risk)
- Eating less vitamin K than usual may cause HIGH INR (greater bleeding risk)

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