

# Food Interactions with Warfarin

**Moderately High Vitamin K Content of Foods (25-100 mcg)**  
**High Vitamin K Content of Foods (100-550 mcg)**

*Limit to 3 servings/day:*

*Limit to 1 serving/day:*

## Brand Name: COUMADIN

Warfarin is a blood thinner that helps prevent clots from forming in the body. Vitamin K is used by the body to form clots and stop bleeding.

Certain foods are high in vitamin K. Try and eat the same amount of these foods each day.

- Eat no more than 1 serving of high vitamin K foods/ day

- Eat no more than 3 servings of foods that are moderately high in vitamin K

Overall, watch how often and how much food you eat that is high in vitamin K, and aim to eat a consistent amount.

Alcohol consumption should be limited as well. Some antibiotics may interfere with the actions of Warfarin. Ask your physician.

½ c Asparagus	38 mcg
½ c frozen Asparagus	72 mcg
½ c raw Broccoli	45 mcg
½ c cooked Cabbage	37 mcg
½ c green Cabbage	82 mcg
1 c cooked Celery	57 mcg
½ Black-eyed dried peas	32 mcg
½ c Kiwi	31 mcg
½ c Spinach Noodles	81 mcg
½ c frozen Okra	44 mcg
½ c dried Prunes	25 mcg
1 c stewed Prunes	65 mcg
1 c Blueberries/ Blackberries	28 mcg
1 c Green Leaf Lettuce	97 mcg
1 c Romaine Lettuce	57 mcg
1 c Raw Watercress	85 mcg

½ c Beet greens	350 mcg
½ c cooked Broccoli	110 mcg
½ c Brussels Sprouts	150 mcg
½ c cooked Collards	530 mcg
½ c raw Kale	274 mcg
½ c cooked Kale	550 mcg
½ c Mustard Greens	210 mcg
½ c Green or Scallion Onions	105 mcg
½ c cooked Spinach	444 mcg
1 c raw Spinach	130 mcg
½ c Swiss Chard	287 mcg
½ c Turnip Greens	265 mcg
½ c frozen Turnip Greens	425 mcg
1 c raw Endive	116 mcg
1 c raw Parsley (10 Sprigs)	165 mcg

# Some Supplements That May Interfere With the Effects of COUMADIN (Warfarin)

## INCREASE THE EFFECTS OF COUMADIN:

Angelica	Dandelion	Onion
(Dong Quai)	Danshen	Parsley
Aniseed	Fenugreek	Passion Flower
Arnica	Feverfew	Poplar
Asafoetida	Garlic	Quassia
Bogbean	Ginger	Red Clover
Bromelains	Ginko Biloba	Sweet Clover
Capsicum	Ginseng (Panax)	(Melilot)
Chamomile	Horse Chestnut	Sweet Woodruff
Clove	Licorice	Tonka Beans
Cranberry Juice	Meadowsweet	Willow Bark

## DECREASE THE EFFECTS OF COUMADIN:

Coenzyme Q10	St. John's Wort
Goldenseal	Yarrow
GreenTea	



Always talk to your doctor, pharmacist, or nurse before taking any supplement. Many factors, alone or in combination, including travel, changes in diet, environment, physical state, medication and supplements may change how Coumadin works.

*\*This is only a partial list of herbal products that are known to have an effect on Warfarin. Others may have an effect as well. Most herbs have not been adequately studied. Many herbal products have several common names and scientific names. The most widely recognized herbal product names are listed.*

For additional information, check the following website:  
[www.coumadin.com](http://www.coumadin.com)

If you need additional information, please contact the Food and Nutritional Services Department and speak with the Nutritionist at (631) 444-1441