

Vitamin K and the Anticoagulant Warfarin

Eating foods high in Vitamin K can interfere with the effectiveness of Warfarin, a blood thinner, also known as Coumadin. It is important that the amount of high Vitamin K foods you eat be kept the same from day to day. *For example:* if you normally eat two servings of broccoli per day, continue to eat that amount. Consistency from day to day is the key.

Foods High to Moderately High in Vitamin K: (Serving: 1 c Cooked)

Coleslaw raw	48 ug	Mustard greens	419 ug
Romaine Lettuce	57 ug	Turnip greens	529 ug
Cabbage	73 ug	Collard greens	836 ug
Green Leaf	97 ug	Spinach	889 ug
Endive	116 ug	Kale	1147 ug
Asparagus	144 ug		
Parsley 10 sprigs raw	164 ug		
Brussels sprouts	219 ug		
Broccoli	220 ug		

Alternative vegetables with a lower vitamin K content are green beans, corn, carrots, beets tomatoes, iceberg lettuce

Do Not Use:

- Herbal teas that contain coumadin (i.e. chamomile, tonka beans, melilot, sweet woodruff).
- The following herbal supplements:

Coenzyme Q-10 (Ubiquinone, CoQ10)	Echinacea
Feverfew	Ginkgo biloba
Ginseng	St. John's Wort
Cloves of Raw Garlic (Natural ability to thin the blood)	

Do not take unless specifically approved by your physician:

- Alcoholic beverages
- Fish oil supplements
- Garlic oil supplements
- Ginger supplements
- Onion Extract Pills
- Vitamin E above 15 mg (~30 IU)

Caution: Cranberry/grapefruit/pomegranate – Excessive amounts can interact with warfarin.

The list of herbal and/or health food supplements may not be all-inclusive. There may be other supplements that interact with warfarin. Check with your doctor or dietitian for additional guidelines.

If you have questions about the food/drug interactions with warfarin, please call the MetroHealth Nutrition Clinic at 216-778-7835.



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