
Warfarin and Diet

What is Warfarin?

Warfarin (Coumadin®) helps keep your blood from clotting too much. It works by reducing blood clotting proteins made with vitamin K by the liver.

Help Warfarin Work for You

1. Keep Your Diet Steady

It is important to keep the amount of foods with vitamin K consistent (steady) from week to week. Eating more foods high in vitamin K than usual can reduce the effect of warfarin. Likewise, eating fewer foods high in vitamin K than usual can increase the effect of warfarin.

Work with your dietitian to help keep your diet steady in vitamin K. Keep a diary of the foods you eat. Be sure to watch for the following:

- Watch how often you eat foods high in vitamin K
- Watch how much you eat of foods high in vitamin K
- You do not need to avoid all foods that are high in vitamin K. You need to keep the amount that you eat consistent from week to week.

Some foods high in vitamin K are:

- Broccoli
- Brussel Spouts
- Endive
- Beat Greens
- Collard Greens
- Mustard Greens
- Turnip Greens
- Kale
- Green Onions
- Parsley
- Spinach
- Swiss Chard
- Beef Liver
- Chicken Liver
- Pork Liver

2. Alcohol Intake Is Not Recommended

- Staying away from alcoholic beverages (beer, wine, and liquor) is best.
- Avoid excessive drinking. This means no more than 2 drinks per day for men and 1 drink per day for women.



3. Speak to Your Doctor or Pharmacist if You:

- Change your diet for any reason. Weight reduction and fad diets reduce intake. These changes may affect how your body responds to warfarin.
- Experience decreased appetite, nausea, vomiting or diarrhea.
- Start, stop or make any changes to herbal products, nutrition supplements or vitamins you are taking.
- In general, it is best to avoid **all** herbal supplements while on warfarin. This list includes some but not all products that may interfere with warfarin:
 - Bromelains
 - Cat's claw
 - Coenzyme Q10
 - Dong Quai
 - Feverfew
 - Fish Oil
 - Flaxseed Oil
 - Garlic
 - Ginger root
 - Ginkgo biloba
 - Ginseng
 - Glucosamine
 - Horse chestnut
 - Licorice root
 - Pan d'arco
 - Red clover
 - SAMe
 - Saw Palmetto
 - St. John's wort
 - Turmeric
 - Vitamin C
 - Vitamin E
 - Vitamin K
 - Wheatgrass
- If you take a multivitamin it is best to take it daily.
- Nutrition supplements such as Ensure®, Glucerna® or Boost® contain from 20-32 mcg vitamin K per 8 oz. Stay consistent with your intake of supplements week to week.
- Moderate intake of cranberries and cranberry juice can be safe, but limit to no more than 4-8 oz. daily.

4. Patients on Tube Feeding

- If you are on a tube feeding, work closely with your pharmacist or healthcare team to monitor your INR.

5. Keep All Your Providers Informed

- Tell all your health care team, including any surgeons and dentists, you are taking warfarin.
For More Information visit: [American Heart Association](#) and [A Patient's Guide to Taking Warfarin](#)