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diet guidelines for anticoagulant therapy

Anticoagulant medicines such as Coumadin and warfarin are ordered by doctors to help prevent blood clots from forming. Vitamin K, a nutrient found in foods, can actually have the opposite effect on your blood. Since vitamin K interacts with your medicine, the amount of medicine you receive each day is based on your current diet and usual intake of vitamin K. Therefore, it is important to eat a consistent amount of vitamin K each day.

does this mean I have to follow a special diet?

- It is important to maintain a diet similar to your current eating pattern.
- Do not add foods high in vitamin K to your diet that you are not used to eating.
- You also do not want to suddenly avoid foods high in vitamin K that you are used to eating.
- Your doctor will monitor your INR/PT (International Normalized Ratio/Prothrombin Time) regularly to make sure your medicine is working properly. Your doctor may alter your diet guidelines based on the blood level results.

what foods contain vitamin K?

foods high in vitamin K

It is recommended not to eat more than 1 serving per day of the following foods which are high in vitamin K.

Serving size for food listed is 1/2 cup.

- Kale, fresh, boiled
- Spinach, fresh, boiled
- Turnip greens, frozen, boiled
- Collards, fresh, boiled
- Swiss chard, fresh, boiled
- Parsley, raw
- Mustard greens, fresh, boiled

- Limiting or avoiding alcohol may be advised. If you do drink alcohol, you should consult with your doctor.
- Tell your doctor if you are taking any herbal or vitamin and mineral supplements.
- Ask to speak to a dietitian if you have questions about your diet while on anticoagulant therapy.

foods moderately high in vitamin K

It is recommended not to eat more than 3 servings per day of the following foods which are moderately in vitamin K.

Serving size for food listed is 1 cup except as noted.

- Spinach, raw
- Green leaf lettuce, shredded
- Endive lettuce, raw
- Brussel sprouts, frozen, boiled (1/2 cup)
- Turnip greens, raw, chopped
- Broccoli, raw, chopped
- Romaine lettuce, raw

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