

## **Warfarin (Coumadin) Diet Guidelines**

- A low INR means you have an increased risk of clotting
- A high INR means you have an increased risk of bleeding
- Warfarin (Coumadin) increases your INR, Vitamin K decreases it
- Most doctors try to keep the INR between 2.0 and 3.0
- Take Warfarin at the same time each day
- Keep your intake of vitamin K consistent from day to day

### **Foods rich in vitamin K (listed highest to lower content)**

- Kale, cooked
- Spinach, cooked
- Collards, cooked
- Swiss chard, raw
- Swiss chard, cooked
- Mustard greens, raw
- Turnip greens, cooked
- Parsley, raw
- Broccoli, cooked
- Brussels sprouts, cooked
- Mustard greens, cooked
- Collards, raw
- Spinach, raw
- Turnip greens, raw
- Endive, raw
- Broccoli, raw
- Cabbage, cooked
- Green leaf lettuce
- Prunes, stewed
- Romaine lettuce, raw
- Asparagus
- Avocado
- Tuna, canned in oil
- Blue/blackberries, raw
- Peas, cooked