



# 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.
- Limiting or avoiding cranberry juice and alcohol may be advised. If you do drink alcohol or cranberry juice, 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 High in Vitamin K

Food	Serving Size	Vit K (mcg)
Kale, cooked	1/2 cup	531
Spinach, cooked	1/2 cup	444
Collards, cooked	1/2 cup	418
Swiss chard, raw	1 cup	299
Swiss chard, cooked	1/2 cup	287
Mustard greens, raw	1 cup	279
Turnip greens, cooked	1/2 cup	265
Parsley, raw	1/4 cup	246
Broccoli, cooked	1 cup	220
Brussels sprouts, cooked	1 cup	219
Mustard greens, cooked	1/2 cup	210
Collards, raw	1 cup	184
Spinach, raw	1 cup	145
Turnip greens, raw	1 cup	138
Endive, raw	1 cup	116
Broccoli, raw	1 cup	89
Cabbage, cooked	1/2 cup	82
Green Leaf Lettuce	1 cup	71
Prunes, stewed	1 cup	65
Romaine lettuce, raw	1 cup	57
Asparagus	4 spears	48
Avocado (cube, slice, puree)	1 cup	30-48
Tuna, canned in oil	3 ounces	37

Adapted from Important Drug and Food Information. From the National Institutes of Health Clinical Center Drug-Nutrient Interaction Task Force. Bethesda, Maryland 20892. 9/2012

Client: \_\_\_\_\_

Dietitian: \_\_\_\_\_

Contact: \_\_\_\_\_

Notes: \_\_\_\_\_

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