



# HEALTH FOR LIFE

## Diet And Anticoagulant Therapy

Sometimes the medicine your doctor prescribes and the food you eat react with each other to cause an undesirable effect. Vitamin K, found in green, leafy vegetables, can alter the effects of Warfarin (Coumadin®). The amount of vitamin K you eat affects your dose of medicine. Your blood thinning medicine is balanced with your diet to give the best drug effect.

The foods listed contain vitamin K in amounts that can affect your clotting therapy. **Eating more of these foods than you usually do could make your medicine less effective.**  
**Eat your normal diet so your medicine needs will not change.**

Telephone the Department of Nutrition and Dietetics at (614) 293-8658 or (614) 293-8036 for questions.

### Foods High in Vitamin K

Broccoli  
Cauliflower  
Soybeans  
Soybean Oil  
Mung beans  
Beef liver

Cabbage  
Lettuce(head and leaf)  
Brussel Sprouts  
Scallions  
Mayonnaise

### Foods Very High in Vitamin K

Green, leafy vegetables such as: Kale, spinach, turnip greens, collard greens, endive mustard greens, parsley, watercress

Green tea  
Garbanzo beans (chickpeas)  
Nettle leaves  
Seaweed  
Canola Oil  
Lentils



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- ▶ Upon request all patient education handouts are available in other formats for people with hearing, vision and language problems. Call 3-3191 for more information.