



## **Coumadin and Vitamin K Interactions**

### **PATIENT/FAMILY INFORMATION SHEET**

#### **What is Coumadin and Vitamin K?**

Coumadin is a medication that is given to thin the blood. Thick blood puts patients at risk for harmful blood clots. The food you eat may change the way this medicine affects your body.

To help Coumadin work effectively, it is important to keep your vitamin K intake as consistent as possible. Sudden increases in vitamin K intake may decrease the effect of Coumadin. On the other hand, sudden decreases in vitamin K intake could increase the effect of Coumadin.

Vitamin K is a vitamin produced by plants and is mostly found in green vegetables. Vitamin K plays an essential role in the blood clotting process by making proteins that stop bleeding. Vitamin K also helps your body make other proteins essential for blood, bones, and kidneys.

To help make it easier to keep your Vitamin K intake consistent, limit your intake of foods “high” in Vitamin K to no more than one serving (1 cup raw or ½ cup cooked) each day. Limit your intake of foods “moderately high” in vitamin K to no more than three servings each day.

To help make it easier you should keep your vitamin K intake **consistent**.

#### **What foods are high in Vitamin K?**

Limit your intake of foods “high” in Vitamin K to no more than 1 serving each day.

- Kale, boiled, ½ cup
- Spinach, boiled, ½ cup
- Turnip greens, boiled, ½ cup
- Collard greens, boiled, ½ cup
- Swiss chard, boiled, ½ cup
- Parsley, raw, ¼ cup
- Mustard green, boiled, ½ cup

## **What foods are moderately high in Vitamin K?**

Limit your intake of foods “moderately high” in Vitamin K to no more than 3 servings each day.

- Brussels sprouts, boiled, ½ cup
- Spinach, raw, 1 cup
- Turnip greens, raw, 1 cup
- Green leaf lettuce, 1 cup
- Broccoli, raw, 1 cup
- Endive, raw, 1 cup
- Romaine lettuce, raw, 1 cup

**Be sure to tell your healthcare provider if you are taking any supplements such as herbal supplements, vitamin supplements, or oral supplements (such as Ensure). These supplements may affect how Coumadin works for you.**

It is often difficult to plan a meal by yourself. If you have questions regarding your diet, please contact the Greenwich Hospital Food and Nutrition staff at 203-863-3000, extension 3667.

*Reference:*

National Institutes for Health, NIH Clinical Center. Important Information to Know When You are Taking: Coumadin and Vitamin K. [http://www.cc.nih.gov/ccc/patient\\_education/drug\\_nutrient/coumadin1.pdf](http://www.cc.nih.gov/ccc/patient_education/drug_nutrient/coumadin1.pdf)

*For more Patient Fact Sheets, see the Greenwich Hospital web site at [www.greenwichhospital.org](http://www.greenwichhospital.org) and Click on Patients & Visitors, then Patient Education*