Intermountain® Healthcare

Coumadin (Warfarin) Eating Plan

What is Coumadin?

Coumadin is an anticoagulant medication that is commonly prescribed for people with certain heart, lung, and blood vessel diseases. Like all anticoagulants, Coumadin helps prevent clots from forming in the blood. The generic name for Coumadin is warfarin.

Why do I need an eating plan?

Coumadin interacts with vitamin K, a vitamin found in many foods. **If you take Coumadin or generic warfarin, you have to be consistent in the amount of vitamin K you eat from day to day.** This helps make sure that the Coumadin medication dose is working right in your body and not putting you at risk for blood clots or bleeding. Following the plan in this handout will help keep your vitamin K intake consistent.

What are the basic principles of the plan?

- The back of this handout gives a list of foods with information about which are high in vitamin K. **Your "plan" is to be consistent in your intake of these high-vitamin K foods.** Don't eat a lot of vitamin K-rich foods one day, then none the next. Be regular in your habits with these foods.
- **Most dark green leafy vegetables are high in vitamin K. But so are some other foods and oils.** See the table on the back of this handout for more information.
- **Avoid or limit alcohol.** If you drink alcohol and don't want to quit, be consistently moderate in your intake — one drink a day for women, one or two for men.

If you take Coumadin (warfarin), you need to be consistent in the amount of vitamin K-rich foods you eat from day to day.

- You should **avoid certain supplements and herbal products:**
  - **Avoid herbal teas containing coumarin,** such as chamomile, tonka bean, sweet clover or melilot, or sweet woodruff teas.
  - **Avoid these herbal supplements:** dashen, dong quai, red clover, echinacea, ginseng, ginkgo biloba, and feverfew.
  - **Avoid these supplements unless your doctor specifically approves their use:** fish oil, walnut oil, flaxseed oil, garlic oil, ginger, onion extract pills, vitamin C or E (in amounts greater than the RDA), coenzyme Q-10, glucosamine, or alfalfa. *Note: in food or food seasoning, fish oil, garlic, onion, ginger, and vitamins C and E are fine.*

Who can answer questions about this plan?

Your dietitian can answer questions about this eating plan. Questions about your medication or symptoms should go to your doctor.

Dietitian: _____ **Phone:** _____

To locate a registered dietitian (RD) at Intermountain, go to **intermountainhealthcare.org/RD.**

Food group	Rich in vitamin K: *keep your intake of these consistent*	More information
Milk and dairy products	• No cow's milk product is rich in vitamin K. • Soy milk is higher in vitamin K than other milk products.	Cow's milk products include cheese, yogurt, cottage cheese.
Vegetables	• Dark green leafy vegetables: chard, kale, spinach, lettuce (bibb, endive, iceberg, red leaf), parsley, watercress, beet greens, collard greens, mustard greens, and turnip greens • Broccoli and cauliflower	All other vegetables not listed at left are low in vitamin K.
Fruits and fruit juice	None are rich in vitamin K.	• Limit cranberry juice to 1/2 cup per day. Although it is not high in vitamin K, cranberry juice can affect how your Coumadin (warfarin) works in your body. • Your doctor may tell you to avoid drinking grapefruit juice at the same time that you take your Coumadin (doctor advice varies).
Grains	None are rich in vitamin K.	The grain food group includes corn, wheat, oats, barley, rice — and things made from these grains, such as breads, cereals, and pasta.
Meats and meat substitutes	• Liver (beef, pork, and chicken) and liverwurst • Beef heart • Soybeans	Eggs and all other meat parts — including beef, pork, turkey, and chicken — are low in vitamin K.
Fats and oils	• Canola oil • Soybean oil • Fat substitutes (such as Olestra) • Margarine, mayonnaise, and salad dressing made from canola or soybean oil	Other oils are lower in vitamin K, as are margarines made from oils other than soybean or canola oil.
Sweets and desserts	None are rich in vitamin K.	
Other: teas, herbs, supplements	• Green tea, black tea • Tea leaves • Seaweed (often used in sushi) • Alfalfa	Check with your doctor before taking any herbs or supplements.

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