

Anticoagulants and Vitamin K

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Patients undergoing anticoagulant therapy with warfarin (coumadin, panwarfarin) need to follow a consistent eating pattern. In particular, a sudden increase or decrease in foods rich in Vitamin K should be avoided. Vitamin K is used by the liver to manufacture some of the clotting factors necessary for clot formation. Warfarin and Vitamin K interfere with each other's actions; therefore, dramatic shifts in eating patterns should be carefully monitored by assessing its impact on prothrombin time. Prothrombin time is a test that measures how long it takes for blood to clot.

Foods of high or medium Vitamin K content do not need to be avoided. It is most important to avoid abrupt increases or decreases in the intake of Vitamin K rich foods, especially those with very high levels.

Vitamin K Content in Select Foods

Very High (> 500 ug / serving)	High (100-500 ug/serving)	Medium (25-100 ug/serving)
Kale (3/4 cup cooked)	Broccoli (1 cup raw)	Asparagus (1/2 cup cooked)
Collards (3/4 cup cooked)	Brussel Sprouts (5)	Cabbage, red or white (2/3 c. ckd)
Parsley (1.5 cups raw)	Cauliflower (3/4 cup cooked)	Celery (3 stalks raw)
Seaweed (3.5 oz raw)	Chick Peas (1/2 cup cooked)	Green Beans (3/4 cup cooked)
Spinach (1 cup cooked)	Chinese Cabbage (1/2 c. cooked)	Green Onion (1/3 cup raw)
Swiss Chard (1/2 cup cooked)	Collard Greens (1/2 cup cooked)	Green Tomato (raw, whole)
Turnip Greens (3/4 cup cooked)	Endive (1 cup raw)	Lettuce (1 cup raw)
Green Tea (8 oz)	Lentils (1/2 cup cooked)	Okra (1/2 cup cooked)
	Mung Beans (3/4 cup cooked)	Watercress (1 cup raw)
	Soybeans (1/2 cup cooked)	Green Apple (1 small)
	Egg yolk (5)	Pistachio Nuts (3.5 oz)
	Beef Liver (3.5 oz)	Soybean Oil (1 Tablespoon)
		Rolled Oats (1/2 cup)
		Wheat Bran (1 3/4 cup)
		Wheat Flour (1 cup)
		Wheat Germ (1 cup)
		Chicken Liver (3.5 oz)
		Pork Liver (3.5 oz)
		Coffee (8 oz)

Source: USDA Nutrient Database

Note:

Avoid supplements with Vitamin K and alcohol while taking anticoagulants.