



## Vitamin K and Warfarin (Coumadin®)

Warfarin (Coumadin®) is a medication used to prevent unwanted blood clots. If you take warfarin (Coumadin®), you need to avoid drastic changes in the amount of vitamin K you eat each day. Vitamin K is a vitamin that helps blood clot. Some foods contain a lot of vitamin K.

Eat about the same amount of any of the foods highest in vitamin K each day. These common foods have the highest amount of vitamin K:

- Collard greens
- Kale
- Mustard greens
- Spinach
- Swiss chard
- Turnip greens

If you do not eat these foods daily, eat a very small amount when you do eat them. A “small amount” would be about one cup raw or two tablespoons (1/8 cup) cooked.

### Important to Remember

- Medications, including prescription and over-the-counter medications, nutritional supplements and herbal products may affect blood clotting.
- Inform your doctor of ALL medications, herbal products and nutritional supplements you are taking, and before starting or stopping any new one.
  - Some herbal products may affect blood clotting, such as ginkgo, St. John’s wort and ginseng.
  - Some nutritional products may affect blood clotting, such as CoQ10, fish oil and garlic supplements.
  - A multivitamin supplement containing vitamin K is safe to take when taken consistently each day.

[Ask your doctor, pharmacist or registered dietitian if you have questions.](#)

A registered dietitian nutritionist (RDN) can help you make a personal plan for healthy eating that meets your nutrition goals and fits your lifestyle. Take the next step. Make an appointment with a RDN today.



To schedule an appointment,  
call **1.844.BSW.DOCS** or visit  
**BSWHealth.com/Nutrition.**