



***His Branches
Health Services***

Warfarin and Your Diet

What is warfarin?

Warfarin (also known as Coumadin®) helps keep your blood from clotting too much. It works by reducing the blood clotting proteins made with vitamin K by the liver.

How can you help warfarin work well?



1. Keep your diet steady.

It is important to keep the amount of foods with vitamin K steady (consistent) from week to week. Eating more foods high in vitamin K than usual can reduce the effect of warfarin. Likewise, eating fewer foods high in vitamin K than usual can increase the effect of warfarin.

Work with your dietitian to help keep your diet steady in vitamin K. Keep a diary of the foods you eat. Be sure to watch for the following:

- Watch how often you eat foods high in vitamin K
- Watch how much you eat of foods high in vitamin K
- Some foods high in vitamin K are:
 - **Broccoli**
 - **Brussels sprouts**
 - **Endive, raw**
 - **Greens, beet**
 - **Greens, collard**
 - **Greens, mustard**
 - **Greens, turnip**
 - **Kale**
 - **Onions, green**
 - **Parsley**
 - **Spinach**
 - **Swiss chard**

2. Tell your doctor or pharmacist before you change your diet for any reason.

Weight reduction and "fad" diets restrict intake. These changes may affect how your body responds to warfarin.

3. Always report to your doctor or pharmacist if you have a decreased appetite, nausea, vomiting, or diarrhea.

4. Alcohol intake is not recommended.

Staying away from alcoholic beverages (beer, wine, and liquor) is best, especially avoid binge drinking.

5. Check with your doctor or pharmacist before starting, changing, or stopping any herbal products, nutrition supplements, or vitamins.

- Nutrition supplements such as Ensure® or Boost® contain from 20 to 32 mcg of vitamin K per 8 ounces. Consistent amounts can be included in your diet week to week.
- If you take a multivitamin, it is best to take it daily.
- Be cautious with cranberry products. The exact amount that will affect how warfarin works is not yet known.
- In general, it is best to avoid **all** herbal supplements while on warfarin. This list includes some but not all products that may interfere with warfarin.

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| ▪ Bromelains | ▪ Horse chestnut |
| ▪ Cat's claw | ▪ Licorice root |
| ▪ Coenzyme Q10 | ▪ Pan d'arco |
| ▪ Dong Quai | ▪ Red clover |
| ▪ Feverfew | ▪ St. John's wort |
| ▪ Garlic | ▪ Tumeric |
| ▪ Ginger root | ▪ Vitamin C |
| ▪ Ginkgo biloba | ▪ Vitamin E |
| ▪ Ginseng | ▪ Vitamin K |
| ▪ Glucosamine | ▪ Wheat grass |



Contact your health care provider for more information.