

COUMADIN

Your Diet and Vitamin K

Many Foods you eat have Vitamin K. Since Vitamin K helps your blood make clots, it may affect your therapy with Coumadin.[®] It is therefore important to keep your diet consistent so that the amount of Vitamin K you eat is steady. The following guide will help to identify the Vitamin K content in many common foods. Do not make major changes in your diet without consulting your healthcare provider. Do not eliminate foods containing Vitamin K from your diet as some foods that are important to a healthy diet are high in Vitamin K.

SNACKS AND DESSERTS

Food*	Portion Size	Vitamin K Content
Candy Bar, milk chocolate	3.5 oz	L
Chips, potato or corn	3.5 oz	L
Cookies, assorted	6-10	L
Crackers, assorted	14-33	L
Nuts, mixed, dry roasted	3.5 oz	L
Pistachio Nut	3.5 oz	H
Popcorn	9 cups	M
Pretzels, assorted	3.5 oz	L

CONDIMENTS AND SWEETENERS

Food*	Portion Size	Vitamin K Content
Ketchup or Mustard	7 tbsp	L
Honey	5 tbsp	L
Jelly, any flavor	5 tbsp	L
Sugar, white	½ cup	L
Syrup, pancake	3.5 oz	L

**This is only a partial listing of foods.*



Foods Containing Vitamin K

VEGETABLES

Food*	Portion Size	Vitamin K Content
Asparagus	7 spears	H
Avocado, peeled	1 small	L
Beans, boiled	½ cup	L
Broccoli	½ cup	H
Brussels Sprouts	5 sprouts	H
Cabbage, raw	2/3 cup shredded	H
Cabbage, red, raw	2/3 cup shredded	M
Carrot, fresh/boiled	2/3 cup	L
Cauliflower	½ cup	M
Celery, raw	2 ½ stalks	M
Coleslaw w/ dressing	¾ cup	H
Cucumber Peel	1 cup	H
Cucumber w/o peel	1 cup	L
Eggplant	1 cup	L
Endive, raw	2 cups	H
Green scallion	2/3 cup	H
Lettuce (raw, head, bib, red leaf)	1 ½ cups	H
Mushroom	1 1/3 cups	L
Mustard greens	1 ½ cups	H
Onion	2/3 cup	L
Parsley	1 ½ cups	H
Peas	½ cup	M
Pepper, green	1 cup	L
Pickles, dill	1 ½ large	M
Potato	1 medium	L
Spinach	½ cup	H
Tomato	1 medium	L
Turnip	3.5 oz	L
Turnip greens	1 ½ cups	H
Vegetables, mixed	½ cup	L
Watercress	3 cups	H

FRUITS

Food*	Portion Size	Vitamin K Content
Apple, green, peel	N/A	M
Apple, red, raw	1 medium	L
Banana	1 medium	L
Blueberries	½ cup	L
Grapefruit	½ Medium	L
Kiwi	1 ¼ medium	M
Orange	¾ medium	L
Peach	1 medium	L

MEAT AND FISH

Food*	Portion Size	Vitamin K Content
Beef	3.5 oz	L
Poultry (chicken, turkey)	3.5 oz	L
Pork	3.5 oz	L
Seafood, assorted	3.5 oz	L
Tuna	3.5 oz	M

GRAIN

Food*	Portion Size	Vitamin K Content
Bread, assorted	4 slices	L
Cereals, assorted	3.5 oz	L
Flour, assorted	2/3 to ¾ cup	L
Pasta, assorted	3.5 oz	L
Rice, white, cooked	½ cup	L

FATS

Food*	Portion Size	Vitamin K Content
Butter	7 tbsp	L
Margarine	7 tbsp	M
Mayonnaise	7 tbsp	M
Oils – Canola, Salad, Soybean	7 tbsp	H
Oils – Olive/Safflower	7 tbsp	M
Oils – Corn, Peanut, Sesame, Sunflower	7 tbsp	L

DAIRY

Food*	Portion Size	Vitamin K Content
Cheese, assorted	3.5 oz	L
Eggs	2 large	L
Ice Cream, vanilla	¾ cup	L
Milk, any type	3 fl oz	L
Sour Cream	8 tbsp	L
Yogurt	3.5 fl oz	L

BEVERAGES

Food*	Portion Size	Vitamin K Content
Coffee	3.5 fl oz	L
Cola, regular and diet	3.5 fl oz	L
Fruit Juices, assorted	3.0 fl oz	L
Tea, black	3.5 fl oz	L

H – HIGH
M – MEDIUM
L – LOW

Remember, it is important that you keep your diet consistent.