

Vitamin K intake can modify the effects of warfarin in the body. When vitamin K-containing foods are consumed, it can reduce the effect of warfarin (i.e. lower INR or thicken blood). Similarly, reduced vitamin K intake from usual intake can increase warfarin effect (i.e. increase INR or thin blood). The key is to have consistent intake of vitamin K foods each week. Please speak with your anticoagulation specialist before making any changes in dietary intake.

## Vitamin K Content



### VERY HIGH

*at least 100 mcg per serving*

- + Asparagus (5 spears)
- + Beet greens (1 cup)
- + Broccoli (1 cup)
- + Brussels sprouts (1 cup)
- + Greens, turnips (1 cup)
- + Kale (1 cup)
- + Liver (1 slice)
- + Spinich (1 cup)



### HIGH

*50 – 99 mcg per serving*

- + Basil, fresh (½ cup)
- + Cabbage, coleslaw, sauerkraut (1 cup)
- + Celery (1 cup)
- + Cilantro, fresh (9 sprigs)
- + Cucumbers, pickles (1 cup)
- + Greens, collard, mustard (1 cup)
- + Endive (1 cup)
- + Lettuce, Boston/Bibb, Romaine (1 cup)
- + Onions, green/scallion (1 cup)
- + Parsley, fresh (1 cup)
- + Pesto sauce (½ cup)
- + Plantains, yellow (1 medium)
- + Plum, prunes (1 cup)
- + Swiss Chard (1 cup)
- + Watercress (1 cup)



### MEDIUM

*30 – 49 mcg per serving*

- + Avocado (1 medium)
- + Basil, dried (1 Tbsp)
- + Bean, green (1 cup)
- + Bean sprouts, mung (1 cup)
- + Black-eyed peas (½ cup)
- + Blackberries (1 cup)
- + Blueberries (1 cup)
- + Grapes, red or green (2 cup)
- + Kiwi (1 medium)
- + Leek (1 medium)
- + Lettuce, red leaf (1 cup)
- + Okra (10 oz)
- + Oregano, dried (2 Tbsp)
- + Parsley, dried (2 Tbsp)
- + Peas, green, sugar snap (1 cup)
- + Pumpkin (1 cup)
- + Soybeans, edamame (1 cup)