

# WARFARIN AND FOOD

## A Guide for Patients

### Vitamin K Content of Selected Foods

Health Canada recommends a daily intake of 90 – 120 micrograms ( $\mu\text{g}$ ) of vitamin K. The total amount of vitamin K you have from day to day may be higher or lower than the recommended amount. It is okay to eat food with different levels of vitamin K, but because vitamin K can interfere with blood-thinning effects of warfarin, it is important to **eat the same amount from day to day. Do not eat a lot one day and none the next.** The list below provides information on the vitamin K content of some foods (for a more detailed list refer to website listed below chart). It can be helpful in maintaining a consistent amount of vitamin K in your diet.

**This is NOT a list of foods to avoid.**

Very High ( $>500 \mu\text{g}/100\text{g}$ serving)	High ( $100\text{-}500 \mu\text{g}/100\text{g}$ serving)	Medium ( $25\text{-}100\mu\text{g}/100\text{g}$ serving)
Kale Collards Parsley Seaweed Spinach Swiss Chard Turnip Greens Green Tea	Broccoli (raw) Brussel sprouts (5) Cauliflower (cooked) Chick peas (cooked) Chinese cabbage (cooked) Endive (raw) Lentils (cooked) Mung beans (cooked) Soybeans (cooked) Beef liver	Asparagus (cooked) Cabbage (cooked) Celery (3 stalks raw) Green beans (cooked) Green onions (raw) Green tomato (raw, whole) Lettuce (1 cup raw) Okra (cooked) Watercress (raw) Green apple (1 small) Bok choy (cooked) Pistachio nuts Soybean oil (15ml) Rolled oats Wheat bran Wheat flour Wheat germ Chicken liver Pork liver Coffee (8 oz/235ml)

Vitamin K levels from U.S. Department of Agriculture, Agricultural Research Service. 2005 USDA National Nutrient Database for Standard Reference, Release 18. Nutrient Data Laboratory Home Page, [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)

More information about Anticoagulants: vitamin K and your diet is available at the HealthLink BC web site: [www.healthlinkbc.ca/kbase/as/tb1790/how.htm](http://www.healthlinkbc.ca/kbase/as/tb1790/how.htm) , or by calling **8-1-1** (Translation services are available in over 130 languages on request. For deaf and hearing-impaired assistance (TTY) call 7-1-1).

**For more information sources for patients taking warfarin and their families: BCGuidelines.ca Warfarin Resource Guide: Information Sources for Patients.**