










University Health System

Coumadin and Vitamin K

Vitamin K can change how your medications work. You will need to maintain a consistent intake of Vitamin K foods. Do not change the amount of these foods in your diet without first talking to your Doctor.

LOW Vitamin K foods (less than 40 mcg):

Corn 	Eggplant 	Green Pepper 	Cauliflower 	Onion 	Tomato 
Squash 	Potato 	Avocado 	Asparagus 	Cilantro 	Cucumber 

MEDIUM Vitamin K foods (100-250 mcg):

Broccoli 	Green Cabbage 	Garbanzo beans & Lentils 	Lettuce & Endive 	Liver 
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HIGH Vitamin K foods (greater than 250 mcg):

Swiss Chard 	Brussels Sprouts 	Turnip & Collard Greens 	Green & Herbal Tea 	Spinach 
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- Limit salad oil, canola oil and soy bean oil to 2 tablespoons per day.
- Foods generally very low in Vitamin K include starches and breads, fruits, dairy products, meat, fish, chicken and turkey, nuts, tofu, fats and sugar.

