

## **COUMADIN (WARFARIN) AND DIET**

Keeping your diet as steady as possible is important when you take Coumadin (Warfarin).

The amount of Vitamin K you get in your diet affects how well Coumadin works. Vitamin K is found in many foods and helps your blood clot. You don't need to avoid foods containing Vitamin K, but you do need to keep the amount you eat steady.

If you change your diet suddenly, lose a lot of weight, or become very ill, be sure to let your doctor know.

The following foods are particularly high in Vitamin K. If you like to eat them, try to make the amount consistent from day to day and week to week.

♥ **Green vegetables such as** broccoli, collard greens, turnip greens, mustard greens, chard, kale, brussel sprouts, parsley, cilantro, and spinach. Cooking these vegetables increases their Vitamin K concentration.

♥ **Salad ingredients such as** green leaf lettuce, endive, and spinach.

♥ **Other foods including** soybean oil, soybeans, and certain green teas.