



Lifestyle Factors That Affect Warfarin

Warfarin can interact with many foods and drinks. As a result, you should keep your diet consistent. REMEMBER: Keep serving sizes the same and eat the same number of servings each week.

Foods and Drinks That Can Decrease Your Clotting Time

Vitamin K in the diet affects the ability of warfarin to do its job. The higher the vitamin K content of a food, the more it can lower your INR, which increases your risk of forming a clot. That is why it is important to keep your diet the same.

Below is a list of foods high in vitamin K. If you decide to eat these foods, please limit your serving sizes as listed below. The Coumadin Clinic will adjust your warfarin dose to match the diet you choose, but remember to keep your serving size and number of servings consistent each week.

Vegetables

- Beet greens (1/3 cup cooked, 1/2 cup raw)
- Broccoli, Brussels sprouts (1 cup)
- Cabbage (1 cup)
- Coleslaw (1/2 cup)
- Collard greens (1/3 cup cooked, 1/2 cup raw)
- Endive (1/3 cup cooked, 1/2 cup raw)
- Green leaf/Romaine lettuce (2 cups)
- Kale (1/3 cup cooked, 1/2 cup raw)
- Mustard greens (1/3 cup cooked, 1/2 cup raw)
- Parsley (10 sprigs)
- Scallions (1/3 cup cooked, 1/2 cup raw)
- Spinach (1/3 cup cooked, 1/2 cup raw)
- Turnip greens (1/3 cup cooked, 1/2 cup raw)

Drinks

- Boost nutritional drink (8 fluid oz.)
- Slimfast Meal Replacement (1 can)

Fats/Oils/Condiments

- Soybean oil (4 tablespoons)

Meats

- Liver (1 slice)

Foods and Drinks That Can Increase Your Clotting Time

Alcohol: Do not drink over one or two standard servings per 24 hours of any of the following:

- Beer or malt beverage (serving = 12 oz.)
- Wine (serving = 4 oz.)
- Liquor or spirits (serving = 1.5 oz.)

Cranberries (fruit, juice or sauce): Avoid cranberry products if you don't consistently consume them. Use no more than 1 teaspoon of cranberry sauce during the holidays.

Pomegranates (fruit or juice): Avoid if you don't consistently consume them.

Ginger (soda or spice): Avoid if you don't consistently consume ginger.

Smoking and Warfarin

Smoking decreases INR. If you quit or start smoking, please let us know. Changes in your smoking habits can affect your INR level, so your warfarin dose may need to be adjusted.

At the Coumadin Clinic, we strive to provide you with excellent care and high-quality service. If you have any questions about the information on this sheet, please contact us.