



Warfarin and Your Diet

Quick facts

- Warfarin is a blood thinner (anticoagulant). It helps prevent blood clots and dangerous problems like stroke.
- Common brand names for warfarin are Coumadin and Jantoven.
- A blood test called INR shows how well warfarin is working. It tells your healthcare provider how quickly your blood clots. INR stands for international normalization ratio.
- To keep your INR stable and ensure warfarin works well without dangerous side effects (such as bleeding), you must:
 - › **Take warfarin exactly as your provider directed.**
 - › **Eat a consistent amount of vitamin K.** Read below for details.
 - › **Avoid grapefruit, large amounts of cranberries and goji berries, alcohol, and many dietary or herbal supplements.** All these can affect your INR test and how well warfarin works.
 - › **Check your INR regularly, at least once a month.**
 - › **Inform your provider before taking any new medicines or supplements.**

Keep your vitamin K intake consistent

To help warfarin work well, it is important to keep your vitamin K intake as consistent as possible. **If you greatly increase or decrease foods rich in vitamin K in your diet, let your provider know right away.**

- **A large increase in vitamin K** can lower your INR to cause dangerous clotting in your blood.
- **A large decrease in vitamin K** can raise your INR to make it harder for your blood to clot. This could cause you to bleed too much. **You do not need to avoid or follow a diet low in vitamin K while taking warfarin.**



To keep your INR stable and within your recommended range:

Keep your vitamin K intake from foods and supplements consistent week to week.

For example:

- Because you like to eat foods rich in vitamin K and you eat them often, you plan to eat 1 cup of these foods every day.
 - You eat a raw spinach salad every day or replace it with a food with a similar amount of vitamin K. **You do not make any major changes to your intake of these foods.**
- You talk to your provider about your vitamin supplements. **You do not take more than 1 supplement that contains vitamin K and you take it every day.**

If your INR levels are hard to manage, meet with a dietitian to review the amount of vitamin K in the foods you eat.

Foods rich in vitamin K

Food	Food Amount	Vitamin k (mcg)
Endive, raw	1 head	1180
Kale, cooked	½ cup	246-531
Collards, frozen, cooked	½ cup	530
Spinach, frozen, cooked	½ cup	514
Parsley, raw	½ cup	492
Spinach, cooked	½ cup	444
Turnip greens, cooked	½ cup	426
Mustard greens, cooked	½ cup	415
Collards, cooked	½ cup	305-386
Beet greens, cooked	½ cup	348
Dandelion greens, cooked	½ cup	290
Swiss chard, cooked	½ cup	287
Turnip greens, cooked	½ cup	265
Kale, frozen, cooked	½ cup	247
Dandelion greens, raw	½ cup	214
Swiss chard, raw	½ cup	150
Brussels sprouts, frozen, cooked	½ cup	150
Garden Cress, raw	½ cup	136
Pesto sauce	¼ cup	95-120
Broccoli, cooked	½ cup	110

Food	Food Amount	Vitamin k (mcg)
Brussels sprouts, cooked	½ cup	109
Onions, spring or scallions	½ cup	104
Broccoli, raw	½ cup	45-92
Cabbage, cooked	½ cup	82
Collards, raw	½ cup	79
Brussels sprouts, raw	½ cup	78
Basil, dried, ground	1 tablespoon	77
Beet greens	½ cup	76
Spinach, raw	½ cup	73
Mustard greens, raw	½ cup	72
Turnip greens, raw	½ cup	69
Coleslaw salad	½ cup	68
Endive, raw	½ cup	58
Prunes, uncooked	½ cup	52
Asparagus, raw	½ cup	27-48
Asparagus, cooked	½ cup	46
Kale, raw	½ cup	40-45
Watercress, raw	½ cup	43
Tuna, canned in oil	3 ounces	37
Brussels sprouts, raw	1 sprout	34
Cabbage, raw	½ cup	34
Prunes, stewed	½ cup	33
Kimchi (pickled cabbage)	½ cup	33
Butterhead lettuce, raw	½ cup	28
Kiwi	1 fruit	28
Blackberries, raw	½ cup	14-28
Soybean oil	1 tablespoon	25
Romaine lettuce, raw	½ cup	24
Peas, cooked	½ cup	21-24
Green leaf lettuce	½ cup	23
Salad dressing, mayonnaise	1 tablespoon	23
Parsley, dried	1 tablespoon	22

Food	Food Amount	Vitamin k (mcg)
Leeks	½ cup	21
Red leaf lettuce, raw	½ cup	18
Red cabbage	½ cup	17
Avocado	½ cup	16
Blueberries, raw	½ cup	14
Arugula, raw	½ cup	11
Basil, fresh, chopped	1 tablespoon	11
Iceberg lettuce, raw	½ cup	9
Prunes	1 prune	6
Raspberries	½ cup	5

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center. FoodData Central. [Internet]. [cited (7/30/2025)]. Available from <https://fdc.nal.usda.gov/>.

Things that can change how warfarin works in your body

Cooking and freezing

Cooking and freezing concentrates vitamin K in foods. For example, ½ cup of **raw spinach** has 73 mcg of vitamin K, while ½ cup of **cooked spinach** has 514 mcg of vitamin K.

Cranberries

Moderate amounts of cranberry products are fine, such as 1, 8-ounce glass of cranberry juice a day. **Avoid eating or drinking large amounts** of cranberries, cranberry juice, and cranberry supplements while taking warfarin.

Goji berries

Goji berries may increase how long warfarin is in the body, increasing bruising and bleeding. **Avoid eating large amounts of foods and teas that contain goji berries** while taking warfarin.

Grapefruit

Do not eat grapefruit or drink grapefruit juice while taking warfarin.

Dietary and herbal supplements

- Taking herbal supplements may cause problems and affect how your body uses warfarin.
Avoid these herbal supplements:
 - Alfalfa
 - Arnica
 - Bilberry
 - Butchers broom
 - Cat's claw
 - Cassia Cinnamon
 - Coenzyme Q10
 - Dong quai
 - Echinacea
 - Feverfew
 - Forskolin
 - Garlic
 - Ginger
 - Ginkgo biloba
 - Ginseng
 - Goldenseal
 - Horse chestnut
 - Inositol hexaphosphate
 - Licorice
 - Melilot (sweet clover)
 - Pau d'arco
 - Red clover
 - St. John's wort
 - Sweet woodruff
 - Turmeric
 - Willow bark
 - Wheat grass
- Use of herbs in cooking, such as garlic and ginger, are safe to eat while you are on warfarin.
- Some vitamin and mineral supplements in large doses can affect your body's response to warfarin, such as taking more than 800 units of **vitamin E** a day.
- **Omega-3** supplements can increase your INR. Talk to your provider before starting this supplement. **Do not take more than 1 supplement that contains Omega-3.**
- It is safe to take an adult multivitamin each day that contains vitamin K, but do not take other supplements that contain vitamin K, such as a Viactiv calcium supplement.
- While **cassia cinnamon** (powder and supplements) increases the risk of bleeding and should be avoided, Ceylon cinnamon is safe.
- **Always talk to your provider before starting, taking, or changing any herbal supplements, herbal teas, or dietary supplements.**

Liquid nutritional supplements

Liquid nutritional drinks like Ensure, Boost, and Glucerna have a low amount of vitamin K added to 8-ounce bottles. If you drink several of these bottles each day, your vitamin K level may increase and your warfarin dose will need to be changed.

If you use these nutritional drinks, tell your provider that you are taking them since it may affect your warfarin dose.

Alcohol

Limit alcohol. Alcohol can change how warfarin works. Limit alcohol to 2 drinks a day if you have male anatomy or 1 drink a day if you have female anatomy.

Medicines

Some medicines can affect how warfarin works. **Ask your provider or pharmacist before you start or stop any medicine**, especially the following:

- Another anticoagulant (blood thinner) medicine
- Medicines to treat depression or anxiety
- Antibiotics
- Nonsteroidal anti-inflammatory drugs (NSAIDs) for pain or arthritis – check labels of over-the-counter medicines to find out if they contain NSAIDs
- Steroid medicines

Smoking

Don't smoke. Smoking affects how the body uses warfarin, reducing warfarin's effects. Please tell your provider if you currently smoke or plan to change your smoking habits.

Marijuana and cannabis products

Please tell your provider or pharmacist if you currently use or plan to use marijuana or products that contain cannabis. These products can increase levels of warfarin and increase the risk for bleeding.

Wear medical identification

Wear a medical alert bracelet, necklace, or tag. The alert should list the main medical problems, medicines including warfarin, and your emergency contact. In case of an accident or emergency, this will help responders provide you with better care.

For more information

View “Diet When Taking Blood Thinners” at youtu.be/NsSZAwwFKF9E or scan this QR code.



This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.