



# Warfarin ak Rejim Alimantè Ou

## Kèk enfòmasyon rapid

- Warfarin se yon medikaman pou boul nan san (anti-kowagilan). Li ede anpeche boul nan san ak pwoblèm grav tankou estwòk.
- Non mak komen pou warfarin se Coumadin ak Jantoven.
- Yon tèl san yo rele Rapò Nòmalize Entènasyonal (International Normalization Ratio, INR) montre efikasite warfarin. Li di pwofesyonèl swen sante w la ak ki vitès san w fè boul. INR vle di rapò nòmalize entènasyonal.
- Pou kenbe INR ou estab epi asire warfarin nan fonksyone byen san efè segondè danjere (tankou senyman), ou dwe:
  - Pran warfarin nan egzakteman jan pwofesyonèl swen sante w la preskri w la.
  - Konsome yon kantite vitamin K konstan. Li anba a pou jwenn plis detay.
  - Evite chadèk, gwo kantite kanabèj ak bè goji, alkòl, ak anpil konpleman alimantè oswa sipleman a baz plant. Tout bagay sa yo ka afekte tèl INR ou a ak fason warfarin nan fonksyone.
  - Verifye INR ou a regilyèman, omwen yon fwa pa mwa.
  - Enfòme pwofesyonèl swen sante w la anvan ou pran nenpòt nouvo medikaman oswa sipleman.

## Kenbe konsomasyon vitamin K ou a konstan

Pou ede warfarin nan fonksyone byen, li enpòtan pou kenbe konsomasyon vitamin K ou konsistan tank sa posib. **Si ou ogmante oswa diminye konsiderabman manje ki rich nan vitamin K nan rejim alimantè ou, fè pwofesyonèl swen sante w la konnen sa touswit.**

- **Yon gwo ogmantasyon nan vitamin K** ka bese INR ou a, sa ki ka lakòz boul danjere nan san ou.
- **Yon gwo diminyasyon nan vitamin K** ka ogmante INR ou a, sa ki ka lakòz li pi difisil pou san ou fè boul. Sa ka lakòz ou senyen twòp. **Ou pa bezwen evite oswa swiv yon rejim alimantè ki ba an vitamin K pandan w ap pran warfarin.**



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## Pou kenbe INR ou a estab epi nan ranje yo rekòmande ou a:

Kenbe konsomasyon vitamin K ou a ki soti nan manje ak sipleman konsistan semèn aprè semèn.

Egzanp:

- Paske ou renmen konsome manje ki rich an vitamin K epi ou manje yo souvan, ou planifye manje 1 tas manje sa yo chak jou.
  - Ou manje yon salad epina kri chak jou oswa ranplase li avèk yon manje ki gen yon kantite vitamin K ki sanble. **Ou pa fè okenn gwo chanjman nan konsomasyon ou nan manje sa yo.**
- Ou pale ak pwofesyonèl swen sante w la sou sipleman vitamin ou yo. **Ou pa pran plis pase 1 sipleman ki gen vitamin K epi ou pran li chak jou.**

Si nivo INR ou yo difisil pou jere, rankontre avèk yon dyetetisyen pou egzamine kantite vitamin K ki nan manje w ap manje yo.

## Manje ki rich an vitamin K

Manje	Kantite Manje	Vitamin k (mcg)
Andiv, kri	1 andiv antye	1180
Chou frize, kwit	½ tas	246-531
Chou kavalye, jele, kwit	½ tas	530
Epina, jele, kwit	½ tas	514
Pèsi, kri	½ tas	492
Epina, kwit	½ tas	444
Fèy navè, kwit	½ tas	426
Moutad vèt, kwit	½ tas	415
Chou kavalye, kwit	½ tas	305-386
Fèy bètrav, kwit	½ tas	348
Fèy dandelyon, kwit	½ tas	290
Gwo epina, kwit	½ tas	287
Fèy navè, kwit	½ tas	265
Chou frize, jele, kwit	½ tas	247
Fèy dandelyon, kri	½ tas	214
Gwo epina, kri	½ tas	150
Chou brisèl, jele, kwit	½ tas	150
Kreson Jaden, kri	½ tas	136
Sòs pesto	¼ tas	95-120
Bwokoli, kwit	½ tas	110
Chou briksèl, kwit	½ tas	109

<b>Manje</b>	<b>Kantite Manje</b>	<b>Vitamin k (mcg)</b>
Zonyon, zonyon prentan oswa zonyon vèt	½ tas	104
Bwokoli, kri	½ tas	45-92
Chou, kwit	½ tas	82
Chou kavalye, kri	½ tas	79
Chou briksèl, kri	½ tas	78
Bazilik, sèch, moulen	1 gwo kiyè	77
Fèy bètrav	½ tas	76
Epina, kri	½ tas	73
Moutad vèt, kri	½ tas	72
Fèy navè, kri	½ tas	69
Salad chou	½ tas	68
Andiv, kri	½ tas	58
Prin, ki pa kwit	½ tas	52
Aspèj, kri	½ tas	27-48
Aspèj, kwit	½ tas	46
Chou frize, kri	½ tas	40-45
Kreson, kri	½ tas	43
Ton, bwat ki gen lwil	3 ons	37
Chou briksèl, kri	1 grenn jème	34
Chou, kri	½ tas	34
Prin, konpote	½ tas	33
Kimchi (chou fèmante)	½ tas	33
Leti bè, kri	½ tas	28
Kiwi	1 fwi	28
Mi, kri	½ tas	14-28
Lwil soya	1 gwo kiyè	25
Leti women, kri	½ tas	24
Pwa, kwit	½ tas	21-24
Fèy leti vèt	½ tas	23
Sòs pou salad, mayonèz	1 gwo kiyè	23
Pèsi, sèch	1 gwo kiyè	22

Manje	Kantite Manje	Vitamin k (mcg)
Pwawo	½ tas	21
Fèy leti wouj, kwi	½ tas	18
Chou wouj	½ tas	17
Zaboka	½ tas	16
Franbwaz, kri	½ tas	14
Wokèt, kri	½ tas	11
Bazilik, fre, koupe	1 gwo kiyè	11
Leti iceberg, kri	½ tas	9
Prin seche	1 prin	6
Franbwaz	½ tas	5

Depatman Agrikilti Etazini (U.S. Department of Agriculture), Agricultural Research Service, Beltsville Human Nutrition Research Center. FoodData Central. [Entènèt]. [konsilte nan dat (7/30/2025)]. Disponib sou <https://fdc.nal.usda.gov/>.

## Bagay ki ka chanje fason warfarin fonksyone nan kò ou

### Fè manje ak konjelasyon

Fè manje ak konjelasyon konsantre vitamin K nan manje. Egzanp, ½ tas **epina kri** gen ladan 73 mcg vitamin K, pandan ½ tas **epina kwit** gen ladan 514 mcg vitamin K.

### Kannbèj

Kantite modere pwodwi a baz kannbèj yo akseptab, tankou 1, 8-ons vè ji kannbèj nan yon jounen. **Evite manje oswa bwè gwo kantite** kannbèj, ji kannbèj, ak sipleman kannbèj pandan w ap pran warfarin.

### Bè goji

Bè goji ka ogmante konbyen tan warfarin nan fè nan kò a, ogmante ematòm ak senyman. **Evite manje gwo kantite manje ak te ki gen bè goji** pandan w ap pran warfarin.

### Chadèk

**Pa manje chadèk oswa bwè ji chadèk** pandan w ap pran warfarin.

## Sipleman rejim alimantè ak fèy

- Konsome sipleman ki a baz fèy ka lakòz pwoblèm epi afekte fason kò w itilize warfarin.

### Evite sipleman a baz fèy sa yo:

- Alfalfa
  - Anika
  - Mitiy
  - Petiwou (Butchers broom)
  - Grif chat
  - Kanèl Cassia
  - Koanzim Q10
  - Anjelik chinwa (Dong quai)
  - Ekinase
  - Gran kamomiy (Feverfew)
  - Forskolin
  - Lay
  - Jenjanm
  - Ginkgo biloba
  - Djennsenn
  - Goldenseal
  - Mawonye End (Horse chestnut)
  - Inositol hexaphosphate
  - Reglis
  - Melilo (trèf dous)
  - Pau d'arco
  - Trèf wouj
  - Plan Sen Jan
  - Asperil santi bon (Sweet woodruff)
  - Safran
  - Kòs sol (Willow bark)
  - Zèb ble
- Itilizasyon zèb lè w ap fè manje, tankou lay ak jenjanm, san danje pou manje pandan w ap pran warfarin.
- Kèk sipleman vitamin ak mineral a gwo dòz ka afekte fason kò w reyaji fas ak warfarin, tankou pran plis pase 800 inite **vitamin E** pa jou.
- Sipleman **Omega-3** ka ogmante INR ou. Pale ak pwofesyonèl swen sante w la anvan ou kòmanse pran sipleman sa a. **Pa pran plis pase 1 sipleman ki gen Omega-3.**
- Li san danje pou pran yon multivitamin pou granmoun chak jou ki gen vitamin K ladan li, men pa pran lòt sipleman ki gen vitamin K ladan yo, tankou sipleman kalsyòm Viactiv.
- Pandan **kanèl cassia** (poud ak sipleman) ogmante risk senyman epi yo ta dwe evite li, kanèl ceylon li menm san danje.
- **Toujou pale ak pwofesyonèl swen sante w la anvan ou kòmanse, pran, oswa chanje nenpòt sipleman a baz fèy, te fèy, oswa sipleman alimantè.**

## Sipleman nitrisyonèl likid

Bwason nitrisyonèl likid tankou Ensure, Boost, ak Glucerna gen yon kantite vitamin K ki ba pou chak boutèy 8 ons. Si ou bwè plizyè nan boutèy sa yo chak jou, nivo vitamin K ou ka ogmante epi w ap bezwen chanje dòz warfarin ou.

**Si ou itilize bwason nitrisyonèl sa yo, di pwofesyonèl swen sante w la w ap pran yo piske li ka afekte dòz warfarin ou.**

## Alkòl

**Limite konsomasyon alkòl ou.** Alkòl ka chanje fason warfarin nan fonksyone. Limite konsomasyon alkòl ou a 2 bwason pa jou si ou gen yon anatomi maskilen oswa 1 bwason pa jou si ou gen yon anatomi feminen.

## Medikaman

Gen kèk medikaman ki ka afekte fason warfarin nan fonksyone. **Mande pwofesyonèl swen sante w la oswa famasyon ou an anvan ou kòmanse oswa sispann nenpòt medikaman,** espesyalman sa ki vini annaprè yo:

- Yon lòt medikaman antikowagilan (medikaman pou anpeche san fè boul)
- Medikaman pou trete depresyon oswa anksyete
- Antibiyotik
- Medikaman anti-anflamatwa ki pa estewoyid (nonsteroidal anti-inflammatory drugs, NSAID) pou doulè oswa atrit – verifye etikèt medikaman ki vann san preskripsyon yo pou wè si yo gen NSAID
- Medikaman estewoyid

## Fimen

**Pa fimen.** Fimen afekte fason kò a itilize warfarin, diminye efè warfarin. Tanpri di pwofesyonèl swen sante w la si ou fimen aktyèlman oswa si w ap planifye pou chanje abitud fimen ou.

## Marigwana ak pwodwi kanabis

**Tanpri di pwofesyonèl swen sante w la oswa famasyon ou an si aktyèlman w ap konsome oswa planifye pou konsome marigwana oswa pwodwi ki gen kanabis.** Pwodwi sa yo ka ogmante nivo warfarin ak ogmante risk pou senyman.

## Pote idantifikasyon medikal

**Pote yon braslè, kolye, oswa etikèt alèt medikal.** Alèt la dwe gen ladan pwoblèm medikal prensipal ou yo, medikaman w ap pran tankou warfarin, ak kontak ijans ou. Nan ka yon aksidan oswa ijans, sa ap ede sèvis ijans yo ba ou pi bon swen.

## Pou plis enfòmasyon

Gade "Diet When Taking Blood Thinners" (Rejim Alimantè Lè W ap Pran Medikaman Pou Boul Nan San) sou [youtu.be/NsSZAwFKF9E](https://youtu.be/NsSZAwFKF9E) oswa eskane kòd QR sa a.



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**Dokiman sa a fèt pou bay enfòmasyon sèlman. Pale ak pwofesyonèl swen sante w la si w gen nenpòt kesyon sou swen ou.**

Pou plis enfòmasyon sou sante, ale sou [wexnermedical.osu.edu/patiented](https://wexnermedical.osu.edu/patiented) oswa kontakte Bibliyotèk pou Enfòmasyon sou Sante (Library for Health Information) nan 614-293-3707 oswa [health-info@osu.edu](mailto:health-info@osu.edu).



# Warfarin and Your Diet

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## 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

<b>Food</b>	<b>Food Amount</b>	<b>Vitamin k (mcg)</b>
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	▸ Feverfew	▸ Licorice
▸ Arnica	▸ Forskolin	▸ Melilot (sweet clover)
▸ Bilberry	▸ Garlic	▸ Pau d'arco
▸ Butchers broom	▸ Ginger	▸ Red clover
▸ Cat's claw	▸ Ginkgo biloba	▸ St. John's wort
▸ Cassia Cinnamon	▸ Ginseng	▸ Sweet woodruff
▸ Coenzyme Q10	▸ Goldenseal	▸ Turmeric
▸ Dong quai	▸ Horse chestnut	▸ Willow bark
▸ Echinacea	▸ Inositol hexaphosphate	▸ 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/NsSZAwFKF9E](https://youtu.be/NsSZAwFKF9E) or scan this QR code.



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**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](https://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).