



Warfarin iyo Cuntadaada

Xog kooban

- Warfarin waa maaddo dhiiga khafiifisa (Ka hortagta xinjir samaysanka). Waxay gacan ka geysataa ka hortagga xinjirowga dhiigga iyo dhibaatooyinka khatarta ah sida istarooroga.
- Magacyada inta badan loo yaqaano warfarin waa Coumadin iyo Jantoven.
- Baaritaanka dhiigga ee loo yaqaan Heerbeega Saamiga Muddada Dhiigga uu Ku Xinjirowo (International Normalized Ratio, INR) ayaa muujinaya sida wanaagsan ee warfarin u shaqaynayo. Wuxuu u sheegaa bixiyaha daryeelkaaga caafimaad sida ugu dhakhsiyaha badan uu dhiiggaagu u samaynayo xinjir. INR waxaa laga soo gaabiyey halbeega caadi ahaaneed ee caalamiga ah.
- Si aad INR-kaaga ugu heyso heer dhexdhexaad ah oo aad u hubiso in warfarin ay si fiican u shaqeeyo adigoo la kulmin waxyeello khatar ah (sida dhiigbaxa), waa inaad:
 - ▶ **U qaadataa warfarin sida saxda ah uu bixiyahaga kuu faray.**
 - ▶ **Cun qadda joogto ah oo fitamiin K ah.** Hoos ka akhriso wixii faahfaahin ah.
 - ▶ **Iska ilaali cunista/qaadashada canabka, tiro badan oo cranberries ah iyo goji berries, khamriga, iyo cuntooyin nafaqada badan ama kuwa daabiicaga ah.** Kuwaan oo dhan waxay saamayn karaan baaritaankaaga INR iyo sida wanaagsan ee warfarin u shaqeeyso.
 - ▶ **Si joogto ah u fiiri INR-kaaga,** ugu yaraan hal mar bishiiba.
 - ▶ **Ku wargeli bixiyahaaga kahor inta aadan qaadan daawooyinka ama kaabistaada cusub.**

Joogtay qaddar qaadashadaada fitamiin K

Si aad uga caawiso warfarin inay si fiican u shaqeeyso, waxaa muhiim ah inaad joogtayso qaadashada fitamiin K intii karaankaaga ah. **Haddii aad si weyn u kordhiso ama hoos u dhigto cuntooyinka ku badan fitamiin K-ga cuntadaada, isla markiiba la soo socodsii bixiyahaaga.**

- **Koror badan oo fitamiin K ah** waxay hoos u dhigi kartaa INR-gaaga iyadoo dhiiggaaga u keenayso xinjirow khatar ah.
- **Hoos u dhac ballaaran oo ku yimaado fitamiin K** ayaa sare u qaadi karta INR-kaaga si ay ugu adkaato in dhiiggaagu xinjiroobo. Tani waxay kuu horseedi kartaa inaad aad u dhiig-baxdo. **Uma baahnid in aad iska ilaaliso ama aad raacdo qaadashada cunto ku yar fitamiin K intaad qaadanaysid warfarin.**



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Wayfarin and Your Diet - SO

Si INR-gaaga ugu heyso heer dhexdhexaad ah halbeega lagugu farmay:

Joogteyso qaddarka fitamiin K ee aad ka hesho cuntada iyo kaabayaasha asbuuc ka asbuuc

Tusaale ahaan:

- Maadaama aad jeceshahay cunista cuntooyinka hodanka ku ah fitamiin K isla markaana aad si joogto ah u cunto, waxaad qorsheysaa inaad maalin walba cunto 1 koob oo ka mid ah cuntooyinkaas.
 - Waxaad maalin walba cuntaa khudrad ka samaysan isbinaaj ceeriin ah mise waxaad ku beddelataa cunto leh qaddar fitamiin K oo la mid ah. **Ma sameyso wax isbeddel weyn ah oo ku saabsan qaddarka cuntooyinkan aad cunto.**
- Waxaad kala hadashaa bixiyahaaga daryeelka caafimaadka kaabayaashaada fitamiinnada. **Ha qaadan wax ka badan hal kaab oo ay ku jirto fitamiin K, oo hubi inaad qaadato maalin walba.**

Haddii heerkaaga INR ay adkaato in la maareeyo, la kulan dhakhtar ku takhasusay cunnada si uu u qiimeyo caddadka fitamiin K-ga ku jira raashinka aad cuntid.

Cuntooyinka ku badan fitamiin K

Cunto	Qaddarta Cuntada	Fitmiin k (mcg)
Endive, ceeriin ah	1 isqabta	1180
Kale, la kariyey	½ koob	246-531
Collards, la qaboojiyey, la kariyey	½ koob	530
Isbinij, la qaboojiyey, la kariyey	½ koob	514
Parsley, ceeriin ah	½ koob	492
Isbinij, la kariyey	½ koob	444
Turnip greens, la kariyey	½ koob	426
Mustard greens, la kariyey	½ koob	415
Collards, la kariyey	½ koob	305-386
Beet greens, la kariyey	½ koob	348
Dandelion greens, la kariyey	½ koob	290
Swiss chard, la kariyey	½ koob	287
Turnip greens, la kariyey	½ koob	265
Kale, la qaboojiyey, la kariyey	½ koob	247
Dandelion greens, ceeriin ah	½ koob	214
Swiss chard, ceeriin ah	½ koob	150
Brussels sprouts, la qaboojiyey, la kariyey	½ koob	150
Garden Cress, ceeriin ah	½ koob	136
Pesto sauce	¼ koob	95-120
Broccoli, la kariyey	½ koob	110

Cunto	Qaddarta Cuntada	Fitmiin k (mcg)
Brussels sprouts, la kariyey	½ koob	109
Basasha cagaaran	½ koob	104
Broccoli, ceeriin ah	½ koob	45-92
Kale, la kariyey	½ koob	82
Collards, ceeriin ah	½ koob	79
Brussels sprouts, ceeriin ah	½ koob	78
Basil, la qalajiyey, la duugay	1 qaado	77
Beet greens	½ koob	76
Isbinaj, ceeriin ah	½ koob	73
Mustard greens, ceeriin ah	½ koob	72
Turnip greens, ceeriin ah	½ koob	69
Coleslaw salad	½ koob	68
Endive, ceeriin ah	½ koob	58
Prunes, aan la karin	½ koob	52
Asparagus, ceeriin ah	½ koob	27-48
Asparagus, la kariyey	½ koob	46
Kale, ceeriin ah	½ koob	40-45
Watercress, ceeriin ah	½ koob	43
Tuna, oo lagula sijiladeeyey saliid	3 wiqiyad	37
Brussels sprouts, ceeriin ah	1 sprout	34
Kabash, ceeriin ah	½ koob	34
Timir, suugaysan	½ koob	33
Kimchi (kabash la qamiiriyey)	½ koob	33
Butterhead lettuce, ceeriin ah	½ koob	28
Kiwi	1 mir	28
Blackberries, ceeriin ah	½ koob	14-28
Saliid Soybean	1 qaado	25
Romaine lettuce, ceeriin ah	½ koob	24
Digir, la kariyey	½ koob	21-24
Green leaf lettuce	½ koob	23
Salad-ka-labiska, mayonnaise	1 qaado	23
Dhir, qallalan	1 qaado	22

Cunto	Qaddarta Cuntada	Fitmiin k (mcg)
Leeks	½ koob	21
Red leaf lettuce, ceeriin ah	½ koob	18
Kabashka Cas	½ koob	17
Afokaadho	½ koob	16
Blueberries, ceeriin ah	½ koob	14
Arugula, ceeriin ah	½ koob	11
Basil, cusub, jaray	1 qaado	11
Iceberg lettuce, ceeriin ah	½ koob	9
Prunes	1 prune	6
Raspberries	½ koob	5

Waxda Beeraha ee Maraykanka (U.S. Department of Agriculture), Agricultural Research Service, Beltsville Human Nutrition Research Center. FoodData Central. [Khadka]. [Ila soo xigtay (7/30/2025)]. Oo laga heli karo <https://fdc.nal.usda.gov/>.

Waxyaabaha wax ka bedeli kara sida ay warfarin ugu shaqeeyso jirkaaga

Karinta iyo qaboojinta

Karinta iyo qaboojinta cunnada waxay ku siyaadisa fitimiin K cunnooyinka Tusaale ahaan, ½ koob **isbinij ceeriin ah** waxaa ku jira 73 mcg oo fitamiin K ah, halka ½ koob **isbinij la kariyey** ayaa ku jira 514 mcg oo fitamiin K ah.

Cranberries

Cadadyada dhexaadka ah ee waxyaabaha karenberiga way wanaagsanyihiin, sida 1, 8-wiqiyadood oo galaas juuska karenbariga ah maalintiiba. **Iska ilaali cunis mise cabista qaddar badan** oo cranberries, juuska cranberry, iyo kaabayaasha ku jira cranberry inta aad qaadanayso warfarin.

Goji berries

Miraha goji berries ayaa kordhin karto inta warfarin ay ku jiri karto jirka, korodhka bararka iyo dhiig baxa.

Iska ilaali in aad cunto cuntooyin fara badan iyo shaahyo ay ku jiraan berriga goji marka aad warfarin qaadanaysid.

Miraha canabka

Ha cunin midhaha canabka, hana cabbin juuska canabka inta aad warfarin qaadanaysid.

Cuntada iyo dhirta dheeraadka ah

- Qaadashada daawooyinka dabiiciga ah waxay keeni karaan dhibaatooyin waxayna saameeyaan sida jirkaagu u isticmaalo warfarin. **Iska ilaali cunnooyinka dabiiciga ah:**

› Alfalfa	› Feverfew	› Licorice
› Arnica	› Forskolin	› Melilot (sweet clover)
› Bilberry	› Toon	› Pau d'arco
› Butchers broom	› Sanjabiil	› Red clover
› Cat's claw	› Ginkgo biloba	› St. John's wort
› Cassia Cinnamon	› Ginseng	› Sweet woodruff
› Coenzyme Q10	› Goldenseal	› Xulbad
› Dong quai	› Horse chestnut	› Willow bark
› Echinacea	› Inositol hexaphosphate	› Cawska Masgada
- Isticmaalka cunnooyinka dabiiciga ah xiliga cunno karinta sida toonka iyo sinjibiisha waa kuwo badqab leh in la cuno inta aad qaadnayso warfarin.
- Qaar ka mid ah fitamiinada iyo macdanta dheeriga ah ee qaadasho badan waxay saameyn kartaa jawaabta jidhkaaga ee warfarin, sida qaadashada in ka badan 800 unug oo **fitamiin E** ah maalintii.
- Supplements **Omega-3** kordhin kartaa inr aad. La hadal bixiyahaaga ka hor inta aadan bilaabin dheeraadka this. **Ha qaadan wax ka badan 1 supplement ku jira Omega-3.**
- Waa amaan in la qaato qof weyn oo laga helo fitamiino badan oo la isticmaalo maalin kasta oo uu ku jiro fitamiinka K (vitamin K), laakiin ha qaadanin waxyaabo kale oo dheeraad ah oo ay ku jiraan fitamiin K-ta, sida fitamiinka (Viactiv calcium supplement).
- Inkastoo **qorfeka Cassia** (budada iyo kaabayaasha dheeraadka ah) uu kor u qaadayo halista dhiigga waana in laga fogaadaa, qorfe shidaalka Ceylon waa mid ammaan ah.
- **Had iyo jeer la hadal bixiyahaaga kahor intaadan bilaabin, qaadashada, ama la badelin waxii cuntada ah ee khudrada ah, shahwada geedaha, ama kaabiga cuntada.**

Cunnooyinka dareeraha ah ee nafaqada leh

Sharaabka nafaqada ee dareeraha ah sida Hubi, Boost, iyo Glucerna waxay leeyihiin xaddi yar oo ah fitamiin K oo lagu daray dhalooyin 8-wiqiyadood ah. Haddii aad cabto dhowr dhalooyinkaas ah maalin kasta, heerka fitamiin K ayaa laga yaabaa inuu kordiyoo oo qiyaastaada warfarin waxay u baahan doontaa in la beddelo.

Haddii aad isticmaasho cabitaanadan nafaqada leh, u sheeg bixiyahaaga in aad qaadnayso maadaama ay saameyn ku yeelan karto qiyaastaada warfarin.

Khamri

Yaree khamriga. Khamriga wuxuu bedeli karaa sida uu warfarin u shaqeeyo. Khamriga ku xaddid 2 cabitaan maalintii hadii aad qabto anatomy-ga ragga ama 1 cabitaan maalin haddii aad qabto anatomy-ga ee dumarka.

Daawooyinka

Daawooyinka qaar waxay saameyn karaan sida warfarin u shaqeyso. **Weydii bixiyahaaga ama farmashiistaha inta aadan billaabin ama joojinin daawada**, gaar ahaan kuwan soo socda:

- Dawo kale oo ka hortagta dhiiga inuu sameeysto xinjir daawo (dhiigga khafiifisa)
- Daawooyinka lagu daweyyo niyad jabka ama welwelka
- Qalajiyaasha
- Daawooyinka aan lahayn hormoonnada macmalka ah ee ka hortagga bararka daawooyinka ka hortagga bararka ee steroid-ka ahayn (nonsteroidal anti-inflammatory drugs, NSAIDs) ee loogu talagalay xanuunka ama xanuunnada ku dhaca lafaha – fiiri waraaqda ku dhegen dawooyinka aad dukaamaha ka soo gadatay si aad u ogaatid haddii ay ku jirto maadada NSAIDs
- Daawooyinka hormoonnada macmalka ah

Sigaar cabista

Ha cabin sigaar. Sigaarku wuxuu saameeyaa sida jidhku u isticmaalo warfarin, yaraynta saamaynta warfarin. Fadlan u sheeg bixiyahaada haddii aad hadda sigaar cabbeyso ama aad qorshaynayso in aad beddesho caadooyinka sigaarka.

Marijuana iyo wax soo saarka xasaasiga

Fadlan u sheeg bixiyahaaga ama farmashiistahaaga haddii aad hadda isticmaashid ama aad qorshaynaysid in aad isticmaasho marijuana ama badeeco ku jirta maadada cannabis. Badeecooyinkan waxay kordhin karaan heerarka warfarin waxayna kor u qaadi karaan halista dhiig-baxa.

Xiro aqoonsi caafimaad

Xiro jijin feejignaan caafimaad, silsilad, ama baaj. Feejignaan waa in ay taxdaa dhibaatooyinka caafimaad ee ugu wayn, dawooyinka ay ka mid yihiin warfarin, iyo gurmada degdega ah ee aad la xiriiri karto. Haddii uu shil dhaco ama xaalad deg-deg ah, tani waxay ka caawinaysaa dadka gargaarka bixiya inay ku siiyaan daryeel kaamil ah.

Wixii faahfaahin dheeraad ah

Eeg "Diet When Taking Blood Thinners" (Cunnooyinka Marka aad Qaadanayso Dawooyinka Dhiigga Khafiifiya) adigoo booqanaya youtu.be/NsSZAwwFKF9E ama iskaagaray QR Koodhkan.



Qoraalkan waxa loogu talagalay ujeedooyin macluumaad oo keliya. Kala hadal bixiyaha daaryeelkaaga caafimaad haddii aad wax su'aalo ah ka qabto daryeelkaaga.

Wixii macluumaad caafimaad oo dheeri ah, booqo wexnermedical.osu.edu/patiented ama kala xidhiidh Maktabadda Macluumaadka Caafimaadka (Library for Health Information) 614-293-3707 ama health-info@osu.edu.



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	▸ 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 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.