

Vitamin K

Vitamin K is a nutrient that the body needs to stay healthy. It's **important** for blood clotting and healthy bones and also has other functions in the body. If you are taking a blood thinner such as warfarin (Coumadin®), it's very **important** to get about the same amount of **vitamin K** each day.

How do I keep my vitamin K intake consistent? *Keep your intake of foods rich in vitamin K about the same each day. For example, you may plan to eat only ½ cup of these foods per day. If you like these foods and eat them often, you can eat more, but be consistent.*

- Do not make any major changes in your intake of foods rich in vitamin K. For example, if you typically have a spinach salad daily, do not stop eating it entirely.
- Carefully consider dietary supplements. Many dietary supplements can alter the INR/PT such as: arnica, bilberry, butchers broom, cat's claw, dong quai, feverfew, forskolin, garlic, ginger, ginkgo, horse chestnut, inositol hexaphosphate, licorice, melilot (sweet clover), pau d'arco, red clover, St. John's wort, sweet woodruff, turmeric, willow bark, and wheat grass. Much is unknown about dietary supplements. The safest policy is for individuals on warfarin (Coumadin) to avoid all dietary supplements unless your physician approves. This includes any vitamin/mineral supplements that list vitamin K on the label. If they are taken regularly

What foods are rich in vitamin K*?

Food Serving Size Vitamin K (mcg)

Kale, cooked 1/2 cup 531
Spinach, cooked 1/2 cup 444
Collards, cooked 1/2 cup 418
Swiss chard, raw 1 cup 299
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Mustard greens, raw 1 cup 279
Turnip greens, cooked 1/2 cup 265
Parsley, raw 1/4 cup 246
Broccoli, cooked 1 cup 220
Brussels sprouts, cooked 1 cup 219
Mustard greens, cooked 1/2 cup 210
Collards, raw 1 cup 184
Spinach, raw 1 cup 145
Turnip greens, raw 1 cup 138
Endive, raw 1 cup 116
Broccoli, raw 1 cup 89
Cabbage, cooked 1/2 cup 82
Green leaf lettuce 1 cup 71
Prunes, stewed 1 cup 65
Romaine lettuce, raw 1 cup 57
Asparagus 4 spears 48
Avocado 1 cup (cube, slice, puree) 30-48
Tuna, canned in oil 3 ounces 37
Blue/black-berries, raw 1 cup 29
Peas, cooked 1/2 cup 21