

# Relative Vitamin K Amounts in Common Foods

The main dietary concern of taking warfarin has to do with the amount of vitamin K in your diet. Vitamin K changes the way warfarin affects the blood. When you eat foods that are high in vitamin K, you can decrease the effect of warfarin. Likewise, eating less vitamin K can increase the effect of the medication.

The key is to try to eat a similar amount of foods that contain vitamin K each day. Don't make any major changes to your diet without speaking with your doctor. If you want to lose weight, eat a lower fat diet or become a vegetarian, your doctor would want to know about these changes to help manage your warfarin.

Leafy green vegetables have contain higher amounts of vitamin K and one rule of thumb is to suspect that green veggies, cabbages and lettuces are high in Vitamin K. Certain vegetable oils have high amounts of vitamin K.

Foods that are low in vitamin K include roots, bulbs, tubers, some fruits and fruit juices. Cereals, grains and other milled products are low in vitamin K.

Keep in mind that the amount of foods you eat with vitamin K add up. So if you eat more foods that contain medium amounts of vitamin K in a particular day, your vitamin K intake will be high for that day.

## What about alcohol?

You should avoid drinking alcohol while taking warfarin because alcohol can change the way your body responds to the medicine. Talk with your doctor about this. He or she may tell you that it's fine to drink alcohol but may want you to have a similar amount of alcohol each day so that your blood levels of warfarin remain stable.

Vegetables	Serving Size	
Anchovies, fillets	1 each	Low
Asparagus, cooked	5 spears	Medium
Asparagus, raw	5 spears	Medium
Beans, green, cooked	1 cup	Medium
Beets, cooked, sliced	1 cup	Low
Broccoli, cooked, chopped	1 cup	High
Broccoli, raw, chopped	1 cup	High
Brussels sprouts, cooked	1 cup	High
Brussels sprouts, raw	1 cup	High
Cabbage, Chinese, raw, shredded	1 cup	Medium
Cabbage, napa, raw, shredded	1 cup	High
Cabbage, red, raw, shredded	1 cup	Medium
Carrots, cooked, slices	1 cup	Medium
Carrots, raw, strips or slices	1 cup	Low
Cauliflower, cooked	1 cup	Medium
Cauliflower, raw	1 cup	Low
Celery	1 stalk	Low
Collard Greens, cooked	1 cup	High

Corn, yellow, cooked	1 cup	Low
Corn, yellow, raw	1 cup	Low
Cucumber	1 medium	Low
Eggplant, cooked, cubed	1 cup	Low
Eggplant, raw, cubed	1 cup	Low
Endive, raw, chopped	1 cup	High
Fennel	1 bulb	Low
Garlic	3 cloves	Low
Kale, raw, chopped	1 cup	High
Leek, raw	1 medium	High
Lettuce, arugula	1/2 cup	Low
Lettuce, Boston/Bibb, raw	1 cup	High
Lettuce, green leaf, raw	1 cup	High
Lettuce, Iceberg, raw	1 cup	Low
Lettuce, red leaf, raw	1 cup	Medium
Lettuce, Romaine, raw	1 cup	High
Mushrooms, raw	1 cup	Low
Mustard greens, raw, chopped	1 cup	High
Okra, cooked	1 cup	High
Onions, green/scallions, raw	1 cup	High
Onions, white/red/yellow, raw	1 cup	Low
Parsley, raw	1 cup	High
Parsnips, cooked	1 cup	Low
Peas & onions, frozen, cooked	1 cup	Medium
Peas, green, cooked	1 cup	High
Peas, green, frozen, cooked	10 oz	High
Peas, sugar snap, cooked	1 cup	High
Pepper, green bell	1 medium	Low
Pepper, jalapeno	1 medium	Low
Pepper, red bell	1 medium	Low
Pepper, red chili, hot	1 each	Low
Pepper, yellow sweet	1medium	Low
Potato, red, cooked	1 medium	Low
Potato, sweet, cooked	1 medium	Low
Potato, white, baked	1 medium	Low
Shallots, chopped	1 Tbsp	Low
Snow peas, raw	1 cup	Low
Spaghetti/Marinara sauce	1 cup	Medium
Spinach, cooked	1 cup	High
Spinach, frozen	10 oz.	High
Spinach, raw	1 cup	High
Squash, acorn	1 cup	Low
Squash, butternut, cooked, cubed	1 cup	Low
Squash, summer, cooked	1 cup	Low
Swiss Chard, raw	1 cup	High

Tomato paste	1 Tbsp	Low
Tomato sauce, canned, no salt	1 cup	Low
Tomato, plum	1	Low
Tomato, raw	1 medium	Low
Tomatoes, canned, whole	1 cup	Low
Tomatoes, cherry	1 cup	Low
Tomatoes, sun-dried	1 cup	Medium
Turnip greens, raw	1 cup	High
Turnips, cooked	1 cup	Low
Watercress, raw	1 cup	High
Zucchini, cooked	1 cup	Low

<b>Fruits</b>	<b>Serving Size</b>	
Apple, peeled	1 medium	Low
Apple, with peel	1 medium	Low
Applesauce	1 cup	Low
Avocado	1/4	Low
Banana	1 medium	Low
Blackberries	1 cup	Medium
Blueberries	1 cup	Medium
Cantaloupe, cubed	1 cup	Low
Cherries, no pits	1 cup	Low
Cranberries, dried	1/3 cup	Low
Cranberries, raw	1/3 cup	Low
Currants	1/2 cup	Low
Grapes, red/green, seedless	1 cup	Medium
Kiwi fruit	1 medium	Medium
Lemon	1 medium	Low
Lime	1 medium	Low
Mango	1 cup	Low
Melon, cantaloupe, diced	1 cup	Low
Melon, honeydew, diced	1 cup	Low
Orange	1 medium	Low
Orange peel	1 tsp.	Low
Peach	1 medium	Low
Pear	1 medium	Low
Pineapple, fresh, diced	1 cup	Low
Plum	1 each	Low
Prunes, dried	2 each	Low
Pumpkin, canned	1 cup	Medium
Raisins	1/2 cup	Low
Strawberries, fresh, sliced	1 cup	Low
Watermelon, fresh, cubed	1 cup	Low

<b>Meats</b>	<b>Serving Size</b>	
Bacon, pork, cooked	2 strips	Low
Beef stock	1 cup	Low
Beef, cooked, lean	3.5 ounces	Low
Beef, ground, fried, lean	3.5 ounces	Low
Chicken stock	1 cup	Low
Chicken, cooked, breast, no skin	3.5 ounces	Low
Clams, canned, chopped	1 can	Low
Clams, fresh	3.5 ounces	Low
Crabmeat, cooked	1 cup	Low
Fish, cod, cooked	3.5 ounces	Low
Fish, grouper, cooked	3.5 ounces	Low
Fish, haddock, cooked	3.5 ounces	Low

<b>Starches</b>	<b>Serving Size</b>	
Tortilla, flour, 6-inch	1 each	Low
Bulgar, cooked	1 cup	Low
Bread, white/wheat/rye	1 slice	Low
Crackers, graham	2 squares	Low
Rice, wild, cooked	1 cup	Low
Cornmeal, yellow	1 cup	Low
Flour	1cup	Low
Melba toast, plain	1 cup, rounds	Low
Couscous, cooked	1 cup	Low
Bagel	1 whole	Low
Biscuit	1	Low
Cornbread	1 piece: 2.5 x 2.5 in.	Low
Cornmeal, blue	100 grams	Low
Cornstarch	1 cup	Low
Crackers, saltine	4 squares	Low
Croutons, plain	1 cup	Low
English muffin	1	Low
Grits, cooked	1 cup	Low
Pasta, dry	1 oz	Low
Rice, white & brown, cooked	1 cup	Low
Tortilla, corn, 6-inch	1 each	Low

<b>Cereals</b>	<b>Serving Size</b>	
Barley, dry	1/4 cup	Low
Cereal, cream of wheat	1 cup	Low
Cereal, oatmeal	1 cup	Low
Grits, cooked	1 cup	Low

<b>Legumes and Beans</b>	<b>Serving Size</b>	
Almonds	1 oz	Low
Bean sprouts, mungo, fresh	1 cup	Medium
Beans, black, dried, cooked	1 cup	Low
Beans, garbanzo, canned	1 cup	Low
Beans, great northern, canned	1 cup	Low
Beans, great northern, dried, cooked	1 cup	Low
Beans, kidney, canned	1 cup	Low
Beans, kidney, dried, cooked	1 cup	Low
Beans, lima, dried, cooked	1 cup	Low
Beans, navy, canned	1 cup	Low
Beans, navy, dried, cooked	1 cup	Low
Beans, pinto, canned	1 cup	Low
Beans, pinto, dried, cooked	1 cup	Low
Beans, red kidney, canned	1 cup	Low
Beans, red kidney, dried, cooked	1 cup	Low
Cashews	1/2 cup	Medium
Lentils, dry, cooked	1/4 cup	Low
Peanut butter, low fat	1/4 cup	Low
Peanuts	2 Tbsp	Low
Pecans, chopped	1 cup	Low
Pine nuts	1 oz	Low
Pistachio nuts	1 cup	Low
Soybeans (ddamame)	1 cup	High
Tahini	1 Tbsp	Low
Tofu	3.5 oz	Low
Walnuts, chopped	1 cup	Low

<b>Dairy</b>	<b>Serving Size</b>	
Buttermilk, non-fat	1 cup	Low
Cheese, blue	1 oz	Low
Cheese, cheddar	1 oz	Low
Cheese, cheddar, reduced fat	1 oz	Low
Cheese, cottage	1 cup	Low
Cheese, feta	1 oz	Low
Cheese, fontina	1 oz	Low
Cheese, goat	1 oz	Low
Cheese, monteray	1 oz	Low
Cheese, mozzarella, part skim	1 oz	Low
Cheese, parmesan	1 oz	Low
Cheese, ricotta, reduced fat	1 cup	Low
Cheese, swiss, low fat	1 oz	Low
Egg substitute	1 cup	Low
Egg, white, large	1 each	Low

Egg, whole, large	1 each	Low
Egg, yolk large	1 each	Low
Milk, 2 percent	1 cup	Low
Milk, coconut	1 cup	Low
Milk, dry, non fat	1 cup	Low
Milk, dry, non-fat	1 cup	Low
Milk, evaporated, non-fat	1 cup	Low
Milk, soy	1 cup	Low
Milk, whole	1 cup	Low
Sour cream, non fat	1 cup	Low
Yogurt, plain, low-fat	1 cup	Low

<b>Beverages</b>	<b>Serving Size</b>	
Beer	12 oz	Low
Bourbon	1 oz	Low
Carbonated soda	12 oz	Low
Coffee, brewed	1 cup	Low
Coffee, instant, granules	1 tsp	Low
Grapefruit juice	1 cup	Low
Lemon juice	1 oz	Low
Lime juice	1 oz	Low
Orange juice	1 cup	Low
Sake	1 oz	Low
Tea, brewed	1 cup	Low
Tomato juice, canned, no salt	1 cup	Low
V-8 juice	1 cup	Low
Vodka	1 oz	Low
Wine	1 cup	Low

<b>Fats</b>	<b>Serving Size</b>	
Butter	1 tsp.	Low
Cream cheese	1 Tbsp.	Low
Mayonnaise, reduced calorie	1 Tbsp.	Low
Oil, canola	1 tsp.	Low
Oil, corn	1 tsp.	Low
Oil, grapeseed	1 tsp.	Low
Oil, olive	1 tsp.	Low
Oil, peanut	1 tsp.	Low
Oil, safflower	1 tsp.	Low
Oil, sesame	1 tsp.	Low
Oil, soybean	2 Tbsp	Medium
Sour cream	1 Tbsp.	Low

<b>Misc.</b>	<b>Serving Size</b>	
Allspice	1 tsp	Low
Baking powder	1 tsp	Low
Baking soda	1 tsp	Low
Basil, fresh	5 leaves	Low
Bay leaves, crushed	1 tsp	Low
Capers	1 Tbsp	Low
Cardomom, ground	1 tsp	Low
Celery Seed	1 tsp	Low
Chili powder	1 tsp	Low
Chives	1 Tbsp	Low
Cilantro, fresh	9 sprigs	High
Cinnamon, ground	1 tsp	Low
Cloves, ground	1 tsp	Low
Cumin, seed	1 tsp	Low
Curry powder	1 tsp	Low
Dill, fresh	5 sprigs	Low
Garlic powder	1 tsp	Low
Gelatin, dry, unflavored	1 envelope	Low
Ginger root	1 tsp	Low
Ginger, ground	1 tsp	Low
Ketchup	1 Tbsp	Low
Marjoram, ground	1 tsp	Low
Mint	2 Tbsp	Low
Mustard	1 Tbsp	Low
Mustard, seed	1 tsp	Low
Nutmeg, ground	1 tsp	Low
Olives, ripe, canned	3.5 oz	Low
Oregano, dried	1 tsp	Low
Paprika	1 tsp	Low
Pepper	1 tsp	Low
Pepper, red, ground	1 tsp	Low
Pickle, dill	1 medium	Low
Pickle, gherkin	1 medium	Low
Relish	1 Tbsp	Low
Rosemary	1 tsp	Low
Saffron	1 Tbsp	Low
Sage, ground	1 tsp	Low
Salt	1 tsp	Low
Sesame seeds	1 tsp	Low
Soy sauce	1 Tbsp	Low
Tabasco sauce	1 tsp	Low
Tarragon, dried	1 tsp	Low
Thyme, dried	1 tsp	Medium
Vanilla extract	1 tsp	Low

Vinegar	1 Cup	Low
Wasabi root	1	Low
Worcestershire sauce	1 Tbsp	Low
Yeast, dry, active	1 tsp	Low

<b>Sweets</b>	<b>Serving Size</b>	
Chocolate syrup	2 Tbsp	Low
Chocolate, bakers, bittersweet	1 square	Low
Cocoa, dry, powered	2 Tbsp	Low
Gelatin, fruit flavored	1 cup	Low
Graham crackers	2-1/2 square	Low
Honey	1 Tbsp.	Low
Jam/jelly	1 Tbsp.	Low
Jam/jelly, apricot	1 Tbsp	Low
Maple syrup	1 Tbsp	Low
Pie, apple	1 piece	Low
Pudding	1 cup	Low
Sherbet	1 cup	Low
Splenda	1 tsp	Low
Sugar, white or brown	1 Tbsp.	Low
Wafer, chocolate	1 each	Low