

# Coumadin Diet Information

(Warfain Sodium Tablets, USP)

COUMADIN is a blood thinning medication. It is used to lower the chance of blood clots forming in your body. Blood clots can cause a stroke, heart attack, or other serious conditions.

The main dietary concern of taking Coumadin has to do with the amount of **vitamin K** in your diet. Foods high in vitamin K work against this drug's effectiveness. Vitamin k helps to clot the blood in the body. The key is to try to eat a similar amount of foods that contain vitamin K each day, limit to about 1/2 cup.

## Foods High in Vitamin K

<u>Leafy Vegetables</u>	<u>Vegetables</u>	<u>Meat &amp; Misc.</u>
Greens; Turnips, Collard, Mustard, Lettuce; Green Leaf, Romaine Spinach Kale Endive Parsley Watercress	Cabbage Brussel Sprouts Green Onion Peas, Sugar snap & Green Avocado Broccoli Cauliflower Asparagus	Liver (calf, beef, pork or chicken) Green Tea Cilantro Soybeans

**Note: Limit liver intake to once a week**

**Herbal products** can also affect the effectiveness of Coumadin.

## Herbal products that May Interfere with Coumadin

Alfalfa	Celery	Feverfew	Ginseng
Aloe Gel	Chamomile	Garlic	Horseradish
Aniseed	Clove	Ginger	Licorice
Black Cohosh	Dandelion	Ginkgo Biloba	Wintergreen
Goldenseal	Mistletoe	Fenugreek	Yarrow

**Always talk to your healthcare provider before making major dietary changes or taking herbal products.**

**Other dietary considerations include:**

- \* Avoid drinking cranberry juice or eating cranberry products due to them containing salicylic acid, which is the acid aspirin is made from.
- \* Avoid drinking alcohol.