

## **Warfarin (Coumadin) Diet**

### **◆ Warfarin and Alcohol**

Alcohol can affect how Warfarin works and increase your risk of bleeding

While taking Warfarin it is safest to avoid drinking any alcohol

Limited and occasional alcohol use is generally safe as long as intake is limited to 2 drinks at most

1 drink= 1 12 ounce beer, 5 ounces of wine, or 1.5 ounces of liquor

### **◆ Warfarin and Food**

+Foods that are high in Vitamin K can make Warfarin have less of an effect on your body and put you at more risk to get a blood clot.

### **◆ Foods High in Vitamin K**

+Think green leafy vegetables

+Broccoli

+Brussel Sprouts

+Cabbage

+Collard Greens

+Green Tea

+Kale

+Lettuce (green leaf, romaine)

+Soybeans

+Spinach

◆ **Foods Moderate in Vitamin K**

+Asparagus

+Green Beans

+Lettuce- red leaf

+Blackberries and Blueberries

+Grapes

+Kiwi

+Cashews

+Some Ensure/Boost Drinks

+Vegetable Juice

◆ **Can I Not Eat Any Foods High in Vitamin K?**

Yes you may eat these foods, but your Warfarin dose must be adjusted.

Once your dose is adjusted, it is important to remain consistent in how much of these foods you eat.

◆ **Other Foods to Consider**

Large amounts of cranberry juice and mango may increase the effect of Warfarin and increase the risk of bleeding. In moderation, such as one glass of cranberry juice daily, these are safe.