

Nutrition Tips to Consider When Taking Coumadin

What is Coumadin?

Coumadin is a medication your doctor has prescribed. It thins your blood and helps prevent blood clots from forming.

Food and Coumadin

Coumadin dosage and effectiveness can be altered by the amount of foods high in Vitamin K that you eat.

Vitamin K is a vitamin that helps your blood clot. Vitamin K is found in most dark green vegetables, organ meats, and dried beans. See list below.

Coumadin can also be affected by other foods and supplements.

Tips to Consider

- Know which foods are high in Vitamin K. Keep your intake of foods high in Vitamin K at a consistent level. Below are examples of some foods that have a high Vitamin K content.

Vegetables:

Asparagus	Broccoli	Brussel Sprouts	Cabbage
Collard Greens	Cucumbers	Green Scallions	Endive
Kale	Lettuce	Mustard Greens	Pickles
Sauerkraut	Spinach	Turnip Greens	

Protein Foods:

Dried Beans	Lentils	Organ Meats	Soybeans
Soy based products (i.e. soymilk, tofu)			

For more information or to speak with a Registered Dietitian, call OSF Saint Francis Nutrition Access Line (309) 655-3705.

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- Be aware that big changes in the amount of foods that contain Vitamin K can affect how your Coumadin works.
- Let your physician know if you will be changing the amount of high Vitamin K foods that you usually eat. Your Coumadin dose may change seasonally when different foods are available.

Supplements and Additives

Be aware that other foods and supplements can also affect how your Coumadin works. Let your doctor know if you eat or take any of these:

Dan Shen root	Ginger root	Papain
Don(g) Quai	Ginseng	PouD'arco
Fever Few	Goldenseal root	PCO compounds
Fish oils	Horse Chestnut	Seaweed
Flaxseed	Medicinal mushrooms	Tree ear mushrooms
Garlic (in large amounts)	Omega 3 fatty acids	Vitamin E
Garlic tablets	Olean®	Viactiv Calcium
Gingko	Olestra Snack Items	Multivitamins that contain Vitamin K

Herbal Teas that contain:

Chamomile Green Tea Melito Sweet clover Sweet wooddruff

Tonka beans

- References: 1. DuPont Pharm. A patients guide to using Coumadin at home. Wilmington, DE: DuPont Pharma: 1997.
2. Pennington, Jean A. T., Bowes & Church. Food values of portions commonly used. Philadelphia, PA: JB Lippinctt Co: 1994.
3. Gruenwald, J., Brendler, T., Jaenicke, C., et al. PDR for herbal medicines. Dec. 1998.

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