



## COMMUNITY HOSPITALS AND WELLNESS CENTERS

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### DIET FOR PATIENTS ON COUMADIN

Coumadin® is an anticoagulant and may be used to prevent blood clots from forming. Vitamin K, found in many foods, helps your blood clot. A change in your diet resulting in an increased intake of Vitamin K may affect the way Coumadin® works. It is important for you to **keep your diet steady** so the amount of Vitamin K you consume is consistent. Let your healthcare provider know if you need to or desire a major change in your diet. Foods high in Vitamin K **do not need to be avoided, just eat a consistent or similar amount on a daily basis.** Check with your physician or pharmacist before taking any vitamin/mineral supplements. Many multivitamin/mineral supplements contain Vitamin K. Also, Vitamin E can counteract the effect of Vitamin K, so limit intake of Vitamin E supplements to less than 800 IU per day.

#### Foods that are high in Vitamin K

- Green Tea
- Herbal Tea
- Green leafy vegetables – limit to 1 cup raw or ½ cup cooked per day
  - Broccoli
  - Brussel Sprouts
  - Cauliflower
  - Green cabbage
  - Turnip greens
  - Mustard greens
  - Kale
  - Spinach
  - Lettuce
  - Watercress
  - Collards
- Chickpeas (garbanzo beans)
- Chicken, Pork & Beef liver
- Avocado
- Store-bought mayonnaise & margarine
- Liquid oils (before using oils, expose them to sunlight for at least 48 hours – this will destroy approximately 85% of the Vitamin K)
- **Avoid alcoholic beverages**

If you are taking **Pradaxa or Xarelto**, the new blood thinner medications, there are **no** dietary restrictions. Use caution with grapefruit juice if you are on Xarelto.