

## THESE FOODS ARE LOW IN VITAMIN K

- |  |  |
|--|--|
|  Artichoke                                       |  Mushrooms (white)        |
|  Avocado (1/2 cup)                               |  Okra (1/2 cup cooked)    |
|  Bananas   |  Onions                   |
|  Black beans                                     |  Parsnips                 |
|  Carrots   |  Peas (1/2 cup)           |
|  Cauliflower                                     |  Potatoes                 |
|  Celery  |  Pumpkin                  |
|  Cilantro (garnish)                              |  Radish                   |
|  Corn  |  Red cabbage              |
|  Cucumber  |  Summer squash            |
|  Garbanzo beans<br>(main hummus<br>ingredient) |  Sweet potato           |
|  Green beans                                   |  Tomato                 |
|  Green peppers                                 |  Tuna (light, in water) |
|  |  Turnips                |











These foods have less than 35 mcg per serving. People on Warfarin need consistent levels of vitamin K each day. The foods shown here, when consumed in normal portion sizes, are less likely to affect your INR.



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# THESE FOODS ARE HIGH IN VITAMIN K

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|--|---|
|  Amaranth leaves             |  Kiwifruit (1 cup)   |
|  Asparagus (canned, 1 cup)   |  Lettuce (Radicchio)   |
|  Broccoli                    |  Mustard greens  |
|  Brussels sprouts            |  Soybeans  |
|  Coleslaw (fast food)        |  Spinach (Including items with spinach like pasta or souffle)  |
|  Collard greens              |  Swiss chard   |
|  Canned beef stroganoff soup |  Tuna fish in oil  |
|  Endive (1+ cup)           |  Turnip greens  |
|  Garden Cress (1 cup)      |  Vegetable drinks (Juiced with greens)<br>Examples: <i>Green Machine, Green Goodness, Original Superfood</i> |
|  Kale                      |   |

Foods on this list contain 60+ mcg per serving. People on Warfarin need consistent amounts of vitamin K, so these foods are more likely to affect your medication results when eaten inconsistently or in larger portion sizes.

Source: USDA Nutrient Database, V. 27



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