



SEATTLE SUTTON'S HEALTHY EATING AND COUMADIN (WARFARIN)

Coumadin (generic: Warfarin) is a prescription medication used to prevent blood clots from forming or growing larger. Blood clots can cause a heart attack, stroke, deep vein thrombosis, or pulmonary embolism. Coumadin is considered an anticoagulant.

Vitamin K in the diet helps to make various proteins that are needed for blood clotting and for bone health. Because of its role in blood clotting, it is often a nutrient discussed while on these medications. **You do not need to avoid Vitamin K while on Coumadin, but it is important to eat about the same amount of Vitamin K foods each week.** It is important to eat a healthy, consistent, and balanced diet.

FOODS HIGH IN VITAMIN K

Kale	Spinach	Collards
Leafy Greens	Okra	Broccoli
Cauliflower	Romaine Lettuce	Cabbage
Asparagus	Brussels Sprouts	Endive

INTERACTIONS

Foods- It is important to remember to eat what you normally eat and not make any major changes to your diet without consulting with your healthcare provider. Your healthcare provider will adjust the dose of your medications to account for the foods you are eating.

Medications- Always talk to your healthcare provider before taking any new medications which can include any over-the-counter medicines, supplements, or vitamins. Certain medications can alter the effectiveness of Coumadin.

Alcohol- Alcohol can affect how well the body metabolizes Coumadin. If you are taking Coumadin, you should avoid alcohol or drink in moderation.

At Seattle Sutton's Healthy Eating **we plan our meals to have consistent levels of vitamin K foods on our 5-week menu.** All foods are okay, but with our plans we control the portion and variety of foods that you eat to help keep your INR stable. We do recommend checking with your provider to ensure our meal plans are the right choice for you.