















Vitamin K in foods









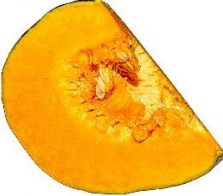



Vitamin K is mostly found in green vegetables. One of the roles of vitamin K is to help clot our blood, the opposite effect of anticoagulant (blood thinning) medication. If you're taking a blood thinning medication such as Warfarin you don't need to avoid vitamin K. **Instead it is important to keep your intake consistent.**

You can include **ONE** very high, high or moderate vitamin K food **each day**.







For example: 2 tablespoons of cooked spinach OR ½ cup of cooked broccoli OR 1 cup of cooked cabbage.

Very High	High	Moderate
<p>2 tablespoons cooked per day</p>  <p>Beet greens, mustard greens, turnip greens</p>  <p>Collards</p>  <p>Kale, Silverbeet, Spinach</p>  <p>Parsley(raw)</p>  <p>Pesto</p>	<p>½ cup cooked per day</p>  <p>Asian greens (bok choy, choy sum, pak choi)</p>  <p>Broccoli</p>  <p>Brussel sprouts</p>  <p>Spring onion(raw)</p> 	<p>1 cup cooked per day</p>  <p>Asparagus</p>  <p>Cabbage</p>  <p>Dark leaf lettuce (raw)</p>  <p>Endive(raw)</p>  <p>Okra</p> 

These are examples of low vitamin K vegetables and can be eaten unrestricted.

Low		
Alfalfa sprouts 	Green beans 	Peas 
Capsicum 	Iceberg lettuce 	Potatoes 
Carrot 	Kidney beans 	Pumpkin 
Cauliflower 	Mushrooms 	Tomato 

Below are other foods and drinks which may affect blood clotting and INR readings when consumed in large amounts. It is best to avoid excessive consumption of these foods and drinks.

Avoid excess consumption		
Avocado 	Cranberry and grapefruit juice 	Soy drink and Natto (fermented soy beans) 
Mango 	Green tea 	Alcohol 

Supplements and herbs may also interact with blood clotting. In particular Co-Enzyme Q10, Ginkgo Biloba and Ginseng. It is advised to consult your doctor before commencing any supplements.

*Adapted from DAA Food Warfarin resource and US Department of Agriculture (USDA), Agricultural Research Service, Nutrient Data Laboratory April 2018.