

ANTICOAGULANTS AND VITAMIN K

Vitamin K

- ◆ Is used by the body for normal blood clotting
- ◆ Can be made by bacteria in the intestines
- ◆ Is also found in some of the foods packed with nutrients, especially green leafy vegetables
- ◆ Normally, eating many of these foods rich in vitamin K would benefit a person since they also supply other nutrients. But there are times when a person should not eat a lot of foods that are high in Vitamin K. If taking any medicine that prevents blood clotting such as Warfarin, Coumadin or Dicumarol, you will need to discuss your diet and follow some guidelines set by your health team.

You Should Know

- ◆ If taking Warfarin: Coumadin, excess Vitamin K reduces the effect of the drug making it not work as well for you. It is important to maintain a consistent intake of Vitamin K. Your doctor will give you the amount of medicine that works with your blood levels of vitamin K.

Many of the foods rich in vitamin K are good for you and should not be ignored completely. On the other hand it is important that you not eat those high in vitamin K every day or in large amounts.

- ◆ If taking Dicumarol, you should also limit foods that are high in Vitamin K.
- ◆ Limit alcohol use when taking anticoagulants.

More About Vitamin K

The recommended amounts of Vitamin K

Men 19 years and over—70-80 micrograms per day

Women 19 years and over—60-65 micrograms per day

- Vitamin K is found mainly in plant foods, especially green leafy vegetables and those from the cabbage family such as broccoli and brussel sprouts.
- More Vitamin K is found in the other leaves of peels of vegetables
- We can also get the vitamin from cereals, fruits, oils, milk, and meats

Food Sources

	Serving Size	Micrograms per Serving
Dairy		
Milk, fluid, cow	1 cup	10
Milk, dry instant	1/3 cup	2.3
Fruits		
Apple with skin	1 each	4
Orange with skin	1 each	6.6
Strawberries, fresh	1 cup	21
Grains & Grain Products		
Oats, rolled, dry	1 cup	63
Whole wheat flour	1 cup	36
Wheat bran	¼ cup	7.5
Meats and Eggs		
Egg yolk, large	1 each	24.4
Ground beef, raw	3.5 oz.	4
Liver, beef, raw	3 oz.	88
Liver, calf (veal)	3 oz.	23
Liver, chicken, raw	1 each	16
Vegetables and Dried Beans		
Asparagus:		
Raw spears	4 each	39
Frozen, cooked	1 cup	49
Beets, raw, 2" diam.	2 each	8
Broccoli		
Raw, chopped	1 cup	176
Frozen	1 cup	125
Cabbage, raw, shredded	1 cup	125
Carrot, raw	1 each	9
Cauliflower, raw, chopped	1 cup	96
Cucumber, raw slices	¼ cup	1.4
Cucumber, raw slices	¼ cup	1.4
Garbanzo beans, dry	½ cup	132
Green beans		
Fresh, raw	1 cup	28
Frozen, cooked	1 cup	43
Lentils, dry	½ cup	214
Lettuce, chopped	1 cup	63
Mushrooms, fresh, sliced	½ cup	2.8

Peas		
Dry	½ cup	80
Raw	1 cup	34
Potato, baked	1 each	8
Soybeans, mature, dry	½ cup	177
Spinach		
Raw, chopped	½ cup	149
Frozen	½ cup	124
Tomato		
Raw, ripe	1 each	28
Green	1 each	58
Turnip Greens, raw, chopped	1 cup	364
Watercress, chopped	½ cup	9.7
Other		
Coffee, rounded tsp.	1 each	0.7
Corn oil	1 Tbsp.	6.8
Olive oil	1 Tbsp.	0
Palm Oil	1 Tbsp.	1.1
Soybean oil	1 Tbsp.	68
Honey	1 Tbsp.	5.3
Tea, green, dry	1 tsp.	5