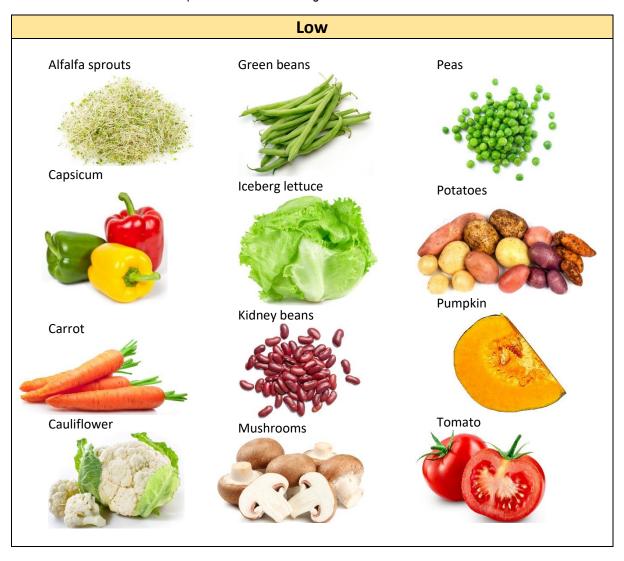
Vitamin K in foods

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.**

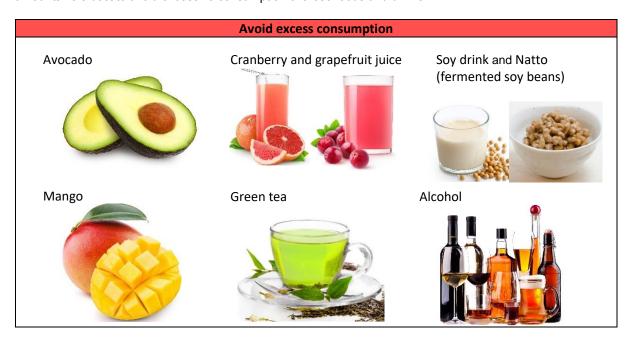
You can include **ONE** very high, high or moderate vitamin K food **each day**. For example: 2 tablespoons of cooked spinach OR ½ cup of cooked broccoli OR 1 cup of cooked cabbage.

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

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



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.



Supplements and herbs may also interact with blood clotting. In particular Co-Enzyme Q10, Gingko 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.