

COUMADIN CONSIDERATIONS

Coumadin is a prescription medication used to decrease the incidence of blood clots. In the past, foods rich in Vitamin K were avoided because Vitamin K acts to help blood clot. Current recommendations are to maintain a normal diet, in which the intake of Vitamin K - rich foods remains consistent. No longer is it necessary to avoid foods rich in Vitamin K. Our bodies also naturally produce Vitamin K.

Other limitations while on Coumadin therapy include: papain (and other protein enzymes), fried or boiled onions, herbal teas, cooking oils with a silicone additive, caffeine, alcohol and large amounts of Vitamins A, C, E, and K supplements.

If you start consuming foods that you had been excluding from your diet, be sure your clotting factors are being monitored by your physician, so the Coumadin dosage can be adjusted, if needed.

Below are listed selected foods and beverages with higher levels of Vitamin K or caffeine. Be aware that several medications, including pain relievers, may contain caffeine and many herbs and supplements are blood-thinners (eg- ginkgo biloba, glucosamine, bilberry, garlic, fish oils...)

		<u>Vitamin K</u> (mcg)	<u>Caffeine</u> (mg)
		per 5 oz serving)	
seaweed	(3.5 oz)	1700	coffee:
			green tea (1 oz) 199
			instant 60
			beef liver (3.5 oz) 104
			percolated 117
pork liver	(3.5 oz)	88	drip, automatic 137
			chicken liver (3.5 oz) 80
			tea 40-55
			soy oil (1 T) 76
			Coca-Cola 45
spinach-raw (1/2 cup)		53	Dr. Pepper 40
			frozen (1/2 cup) 131
			Mountain Dew 54
broccoli	(1/2 cup)	60	Pepsi 38
cauliflower (1/2 cup)		96	
	chick peas (1 oz)	74	
	lentils (1 oz)	62	
	soybeans (1 oz)	53	
	mung beans (1 oz)	48	

If you require additional information, call the American Dietetic Association Consumer Hotline at 1-800-366-1655.

Sources

“Food Medication Interactions”, Ann Moore Allen, MS, RD

“Manual of Clinical Dietetics”, American Dietetic Association

“Bowes and Church’s Food Values of Portions Commonly Used”, Jean Pennington, PhD, RD

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If you would like personal instruction
on how to incorporate nutritional guidelines
into your life and improve your health, schedule an
appointment with:
Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at
828-258-8681
