

Warfarin and Food

When taking Warfarin, what you eat can have a direct impact on how well your warfarin therapy is working.

For example, vitamin K helps your blood clot. Eating too much, or too little of it can change how well your warfarin works, which in turn can affect your INR number.

Foods high in Vitamin K include: kale, spinach, collard greens, broccoli, asparagus, and Lettuce.

Be consistent each day with the amount of Vitamin K you eat. If you eat more Vitamin K one day and less the next it may be very difficult to control the amount of time it takes for your blood to clot, the main goal of warfarin therapy.

Talk to your healthcare provider about how much Vitamin K to include in your diet.

You can continue to enjoy foods like broccoli, asparagus, and lettuce, just be consistent with how much you eat.

Some drinks can also affect your INR number including alcohol like beer and wine, cranberry juice and grapefruit juice.

If any of these are part of your regular diet, talk to your healthcare provider about how much is too much for you.