

Kelsey-Seybold Clinic
Centralized Pharmacy Anticoagulation Service
Quick Reference List

Foods that contain Vitamin K which may lower INR level:

Supplements

Alive
Boost
Ensure
Viactiv
Multivitamins with vitamin K
(examples Centrum, One-a-day)

Fruits

Blackberries
Blueberries
Grapes
Kiwifruit
Prunes (dried)

Vegetables

Asparagus
Avocado
Beans, greens
Broccoli
Brussels sprouts
Cabbage
Celery
Collards, greens
Cowpeas (black-eyed-peas)
Endive
Kale
Lettuces
Mustard Greens
Okra
Peas, green
Pickles
Parsley
Pesto Sauce (commercial)
Spinach
Turnip greens
Vegetable juice cocktail

CPAS recommends having about 3 servings per week of Vitamin K containing foods. (Average serving size → 1 cup)

Getting too much or too little vitamin K can keep warfarin from working well. That is why it is important to take in the same amount of vitamin K-containing items each week.

Foods and drinks that may elevate INR level:

Alcohol
Cranberries-fruit or juices
Pomegranate- fruit or juices
Grapefruit-fruit or juices
Mango- fruit or juices
Papaya- fruit or juices

CPAS recommends **avoiding** these foods due to the nature of the interaction with warfarin. If you have consumed these items, please contact CPAS, as close monitoring of your INR may be needed.