

Consistent Vitamin K Diet: Care Instructions



Your Care Instructions

Your body needs vitamin K to clot blood and keep your bones strong. It's found in leafy green vegetables such as kale and spinach.

If you take the blood thinner warfarin (Coumadin), you need to be careful about how much vitamin K you get. Vitamin K can keep your warfarin from working as it should.

Most people who take warfarin can eat normally. The important thing is to get about the same amount of vitamin K each day. Don't suddenly start eating foods with a lot more or a lot less vitamin K.

You can choose how much vitamin K you eat. For example, if you already eat a lot of leafy green vegetables, that's fine. Just keep it about the same amount each day.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

You don't need to stop eating foods high in vitamin K. But you do need to know what foods contain vitamin K. Then you can try to eat about the same amount of vitamin K each day.

If you have questions about foods with vitamin K, ask if your doctor can refer you to a registered dietitian, an expert in healthy eating.

- You might limit foods that are **high in vitamin K** to about 1 serving a day. These foods have more than 100 micrograms (mcg) of vitamin K in each serving. They include:
 - Cooked leafy green vegetables. Examples are kale, spinach, turnip greens, collard greens, Swiss chard, mustard greens, broccoli, and brussels sprouts. One serving is $\frac{1}{2}$ cup.
 - Raw leafy green vegetables such as kale, spinach, and endive.

- You might limit foods that are **moderate in vitamin K** to about 3 servings a day. These foods have about 25 to 100 mcg of vitamin K in each serving. These include:
 - Cooked cabbage, okra, and asparagus. One serving is ½ cup.
 - Raw leafy green vegetables. Examples are green leaf lettuce, and romaine lettuce. One serving is 1 cup.
- Vitamin K also is found in many multivitamins. You don't need to stop taking your multivitamin if it has vitamin K. But you do need to take it every day.
- Check with your doctor before you start or stop taking any supplements or herbal products. Some of these may contain vitamin K.

Your Care Instructions

Your body needs vitamin K to clot blood and keep your bones strong. It's found in leafy green vegetables such as kale and spinach.

If you take the blood thinner warfarin (Coumadin), you need to be careful about how much vitamin K you get. Vitamin K can keep your warfarin from working as it should.

Most people who take warfarin can eat normally. The important thing is to get about the same amount of vitamin K each day. Don't suddenly start eating foods with a lot more or a lot less vitamin K.

You can choose how much vitamin K you eat. For example, if you already eat a lot of leafy green vegetables, that's fine. Just keep it about the same amount each day.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

You don't need to stop eating foods high in vitamin K. But you do need to know what foods contain vitamin K. Then you can try to eat about the same amount of vitamin K each day.

If you have questions about foods with vitamin K, ask if your doctor can refer you to a registered dietitian, an expert in healthy eating.

- You might limit foods that are **high in vitamin K** to about 1 serving a day. These foods have more than 100 micrograms (mcg) of vitamin K in each serving. They include:
 - Cooked leafy green vegetables. Examples are kale, spinach, turnip greens, collard greens, Swiss chard, mustard greens, broccoli, and brussels sprouts. One serving is ½ cup.
 - Raw leafy green vegetables such as kale, spinach, and endive.
- You might limit foods that are **moderate in vitamin K** to about 3 servings a day. These foods have about 25 to 100 mcg of vitamin K in each serving. These include:
 - Cooked cabbage, okra, and asparagus. One serving is ½ cup.

- Raw leafy green vegetables. Examples are green leaf lettuce, and romaine lettuce. One serving is 1 cup.
- Vitamin K also is found in many multivitamins. You don't need to stop taking your multivitamin if it has vitamin K. But you do need to take it every day.
- Check with your doctor before you start or stop taking any supplements or herbal products. Some of these may contain vitamin K.
-