

THESE FOODS ARE LOW IN VITAMIN K



Artichoke



Avocado (1/2 cup)



Bananas



Black beans



Carrots



Cauliflower



Celery



Mushrooms (white)



Okra (1/2 cup cooked)



Onions



Parsnips



Peas (1/2 cup)



Potatoes



Pumpkin



Cilantro (garnish)



Corn



Cucumber



Garbanzo beans
(main hummus
ingredient)



Radish



Red cabbage



Summer squash



Sweet potato



Tomato



Green beans



Tuna (light, in water)



Green peppers



Turnips

These foods have less than 35 mcg per serving. People on Warfarin need consistent levels of vitamin K each day. The foods shown here, when consumed in normal portion sizes, are less likely to affect your INR.



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THESE FOODS ARE HIGH IN VITAMIN K



Amaranth leaves



Kiwifruit (1 cup)



Asparagus
(canned, 1 cup)



Lettuce (Radicchio)



Broccoli



Mustard greens



Brussels sprouts



Soybeans



Coleslaw
(fast food)



Spinach (Including
items with spinach
like pasta or souffle)



Collard greens



Swiss chard



Canned beef
stroganoff soup



Tuna fish in oil



Endive (1+ cup)



Turnip greens



Garden Cress (1 cup)



Vegetable drinks
(Juiced with greens)
Examples: *Green Machine*,
Green Goodness, *Original*
Superfood



Kale

Foods on this list contain 60+ mcg per serving. People on Warfarin need consistent amounts of vitamin K, so these foods are more likely to affect your medication results when eaten inconsistently or in larger portion sizes.

Source: USDA Nutrient Database, V. 27



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