Coumadin® and Warfarin Diet Interactions

Some foods and other items you consume can change the way your warfarin works. These include:

- Foods with vitamin K
- Some herbals and over-the-counter products
- Multi-Vitamins
- Nutritional shakes
- Alcohol
- Nutritional formulas for tube feeds
- Breast milk (infants only)

Vitamin K
Vitamin K is common to many foods. It is very common in green leafy vegetables. Eating large amounts of foods high in vitamin K can reduce the effects of Warfarin or Coumadin®.

If you eat foods that are high in vitamin K, it is vital to eat the same amounts of these foods each week. Keep a log of how many servings and how often you eat foods high in vitamin K. This will help you make sure you are eating the same amounts each week.

Foods High in Vitamin K

- Kale
- Spinach
- Greens (turnip, mustard, beet, dandelion, collards)
- Swiss chard
- Parsley (okay as garnish)
- Brussel sprouts
- Cabbage
- Broccoli
- Watercress
- Onions (spring or scallions, tops & bulb)
- Lettuce (green leaf, endive, romaine)
- Asparagus
- Soybeans and edamame

Other vegetables, fruits, cereals, dairy products, eggs, and meat contain smaller amounts of vitamin K.

Remember to Eat the same amounts of foods high in vitamin K each week.

Note: One serving of a high vitamin K food = ½ cup cooked or 1 cup raw.

Herbals and Over the Counter (OTC) Products
Talk with your doctor or pharmacist if you take any of these herbals or over-the-counter products. Also talk to them before starting or stopping any of the products below.

Increases Bleeding Risks

- Fenugreek
- Feverfew
- Garlic (capsules)
- Ginkgo biloba
- Chondroitin-glucosamine
- Melatonin
- Turmeric
- Bilberry
- Chamomile
- Milk Thistle
- Peppermint (capsules)
- Cinnamon (capsules)
- Ginger (capsules)
- Ashwagandha
- Lion’s mane
- Vitamin E

Increases Clot Risk

- Ginseng
- St. John’s Wort
- Melatonin
- Flaxseed or Grape seed extract
- Black cohosh
- Green tea

Multi-Vitamins
Multi-Vitamins likely contain vitamin K and vitamin E. If you do take a multi-vitamin, take your dose every day. If you do not take your multi-vitamin every day, you may reduce how well your warfarin works. Talk with your doctor or pharmacist before starting or stopping any multi-vitamins. Think about getting a multivitamin that contains no vitamin K.

Nutritional Shakes
Nutritional shakes may have high amounts of vitamin K. If you will be starting one of these products tell your warfarin manager. These drinks have vitamin K; however, this is not a complete list.

- Boost®
- Glucerna®
- Carnation Breakfast Essentials®
- Slim Fast®
- Ensure®
- Kellogg's Special K Protein Shake®

Cranberry Juice
Cranberry juice might increase risk for bleeding. Limit your intake of cranberry juice to no more than 16 ounces or 2 cups per day.

Alcohol
Drinking more than 2 drinks per day every day or binge drinking can greatly increase your risk for bleeding. Limit alcohol to no more than 1 drink per day, or no more than 1-2 drinks on a special occasion.

What equals 1 drink?

- Light beer = 12 fluid ounces
- Wine = 5 fluid ounces or ½ cup
- Hard liquor = 1.5 fluid ounce or 1 shot

Who to Call
If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan.

For a list of UW Health Clinics, please visit www.uwhealth.org/.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#322.