Sharp Rees-Stealy Medical Group

Foods, Medications and Supplements That May Affect Your INR

At **Sharp Rees-Stealy Medical Group**, we're here to help you manage your International Normalized Ratio (INR) and get the most benefit from your treatment. Your diet plays an important role in managing your INR. Certain foods, especially those high in vitamin K, can affect how your blood-thinning medication works and may cause your INR level to change. Understanding which foods can affect your INR can help you make informed choices and keep your treatment working as intended.

What are INR levels?

INR is a blood test that measures how quickly your blood clots. Regular INR testing helps your care team make sure your blood-thinning medication is working safely and effectively and helps guide any needed treatment adjustments.

Certain nutrition drinks, diet products and supplements can affect your INR level. Please let your care team know if you use any of the following:

- Boost®
- Ensure®
- SlimFast®
- Visalus®
- V8® Juice
- Nopalea® drink
- Medifast® diet products
- LUNA® Bars
- High-protein diets or supplements
- Multivitamins

Some foods can lower your INR level, which may cause your blood to clot more quickly. Tell your care team if you regularly eat these foods or if your diet changes. Foods that can lower your INR level include:

- **Green leafy vegetables, such as:** kale, collard greens spinach, turnip greens, mustard greens, swiss chard
- Brussels sprouts
- Asparagus
- Broccoli
- Wheatgrass
- Cabbage
- Sauerkraut
- Coleslaw
- Green tea
- Nuts
- Peanut butter
- Cucumbers with the peel

Foods that raise your INR level may increase your risk of bleeding. Tell your care team if you regularly consume these foods or if your diet changes. Foods that can raise your INR level include:

- Alcohol
- Cranberries
- Cranberry juice
- Papaya
- Black licorice candy
- Fresca®
- Grapefruit
- Grapefruit juice
- Mango
- Turmeric

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