Patient Education

Coumadin
Vitamin K Content of Certain Foods

Vegetables

Low Vitamin K Content	Moderate Vitamin K Content	High Vitamin K Content
Green Beans	Asparagus	Broccoli
Carrots	Avocado	Brussels Sprouts
Cauliflower	Red Cabbage	Cabbage
Celery	Green Peas	Collard Greens
Corn	Lettuce (Iceberg)	Endive (raw)
Cucumber (peel removed)		Kale (raw leaf)
Eggplant		Lettuce (Bibb, Red Leaf)
Mushrooms		Mustard Greens
Onions		Parsley
Green Pepper		Spinach
Potato		Turnip greens (raw)
Pumpkin		Watercress (raw)
Sauerkraut (canned)		Swiss chard
Tomato		Chick Peas (Garbanzo beans)

Fruits

Low Vitamin K Content	Moderate Vitamin K Content	High Vitamin K Content
Apple		Avoid Cranberries and their juice
Banana		
Blueberries		
Cantaloupe		
Grapes		
Grapefruit		
Lemon		
Orange		
Peach		

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Meats and Fish

Low Vitamin K Content	Moderate Vitamin K Content	High Vitamin K Content
Beef		Liver (beef or pork)
Chicken		
Ham		
Mackerel		
Tuna		

Oils/Fats

Low Vitamin K Content	Moderate Vitamin K Content	High Vitamin K Content
Peanut Oil	Olive Oil	
Safflower Oil	Soybean Oil	
Sesame Oil	Mayonnaise	
Sunflower Oil	Canola Oil	

Dairy Products

Low Vitamin K Content	Moderate Vitamin K Content	High Vitamin K Content
Butter		
Cheese – cheddar		
Eggs		
Sour Cream		
Yogurt		

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Beverages

Low Vitamin K Content	Moderate Vitamin K Content	High Vitamin K Content
Coffee	Green Tea	
Cola		
Fruit juices		
Milk		
Tea, black		
Water		

Grains and Bread

Low Vitamin K Content	Moderate Vitamin K Content	High Vitamin K Content
Bagel		
Breads		
Cereal		
Flour		
Oatmeal		
Rice		
Spaghetti		

Miscellaneous

Low Vitamin K Content	Moderate Vitamin K Content	High Vitamin K Content
Honey	Pickle, dill	
Jell-O Gelatin		
Peanut Butter		
Sugar		

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