

Vitamin K & Your Diet

Understanding how diet can affect your INR (International Normalized Ratio) is an important aspect of living a healthy life while on warfarin. Although there is no specific "warfarin diet", it is important to pay attention to what you eat while taking warfarin as some foods and beverage can alter the effectiveness of warfarin.

The most important thing to remember is to remain consistent with your diet. Consistency in diet means to be aware of the type of foods you choose every day, pay attention to your portion sizes and be aware of the frequency you consume foods high in vitamin K.

When taking an anticoagulant like warfarin, it is important to maintain a consistent diet.¹ Certain foods or beverages can change your INR value. INR is used to measure how long it takes your blood to clot and is important in keeping you in a safe, therapeutic range.

Some foods that can change your INR levels may contain high levels of vitamin K. You should not see vitamin K as the enemy. Most foods with vitamin K are healthy food choices, and play an important role such as

maintaining healthy bones.²

Physicians agree that you can continue to enjoy foods containing vitamin K, as long as you are consistent from week to week. Be sure to avoid drastic changes in vitamin K intake.¹ It's nearly impossible to eliminate all vitamin K from your diet, so try to be consistent.

What Foods have Vitamin K?

Vitamin K is commonly found in dark-green leafy vegetables, but is not limited to only vegetables. For example, some salad dressings and oils may also contain vitamin K. Unfortunately, vitamin K is not normally listed on food labels, so it may be difficult identifying vitamin K in certain foods.

To help make it easier to identify the amount of vitamin K in many foods, Alere has created the **Vitamin K Finder** on www.PTINR.com. You can find the vitamin K content in over 1,000 different foods!

Talk to your doctor about your diet and eating habits, including the foods you routinely consume. You don't have to limit yourself to a strict diet to keep your INR in check, just make sure your food choices are consistent.

For more information on vitamin K and your diet,
visit www.PTINR.com or call **1-877-262-4669**



WellLife: A guide for living on warfarin
is brought to you by Alere™ Home Monitoring

1. Bristol-Myers Squibb Company. Medication Guide for Coumadin Tablets and Coumadin for Injection (Package Insert). Princeton, NJ. 2009.
2. Cranenberg, E.C.M., et al. Vitamin K: The coagulation vitamin that became omnipotent. *Thrombosis and Hemostasis*. 2007. 98; 120-125.