

# GUIDELINES FOR LOW VITAMIN K DIET

## What is Vitamin K?

Vitamin K is a fat-soluble vitamin used in the body to control blood clotting. Green leafy vegetables are among the best sources of vitamin K. Vitamin K rich foods decrease the effects of **Coumadin**, so Vitamin K intake should be consistent so the dose of Coumadin is right. Vitamin K rich foods include:

- Green Leafy Vegetables per (1 cup) Servings:
  - Kale
  - Collards
  - Spinach
  - Turnip Greens
  - Beet Greens
  - Mustard Greens
  - Brussels Sprouts
  - Dandelion Greens
  - Endive
  - Swiss Chard
- Broccoli
- Asparagus
- Parsley
- Cabbage and Sauerkraut
- Alfalfa Sprouts
- Chick Peas
- Soybeans
- Large amounts of: Cottonseed, Canola and Soybean Oils
- Liver
- Green Tea
- Prunes

If you are taking Coumadin, sudden increases in Vitamin K may decrease the effect of Coumadin

- Sudden decreases in Vitamin K may increase the effect of Coumadin
- Watch how often you eat Vitamin K rich foods
- Watch how much you eat of Vitamin K rich foods

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