

### How does what I eat affect warfarin?

Foods that are high in vitamin K can affect the way warfarin works in your body. Vitamin K helps your blood clot and works against warfarin. The more vitamin K-rich foods you eat, the lower the levels of warfarin in your body. This means your INR will be lower, and you will be more likely to form a blood clot.

More vitamin K-rich foods



Lower INR (warfarin level)

### Do I need to avoid foods high in vitamin K?

No. Although vitamin K works against warfarin, it is an important part of your diet and actually helps keep your warfarin levels balanced. It is okay to eat as many vitamin K-rich foods as you like, as long as you can maintain a consistent diet week-to-week. Your warfarin dose can be adjusted to take into account your diet.

### What does a “consistent” diet mean?

A consistent diet means that on a weekly basis, you eat roughly the same amount of vitamin K-rich foods. You could choose to eat vitamin K-rich foods every day, twice per week or three times per week—whatever you like. What’s important is that you keep that up every week. Your warfarin levels will most likely go up and down if you suddenly stop eating a lot of vitamin K-rich foods or if you suddenly start.

The goal is to have a consistent level of vitamin K and a therapeutic INR.

