

Vitamin K Content of Selected Foods

* Note: This is NOT a list of foods to avoid. This list provides information on the vitamin K content of certain foods.

Foods	Low	Moderate	High	
Vegetables	Green beans	Asparagus	Broccoli	
	Carrots	Avocado	Brussels sprouts	
	Cauliflower	Red Cabbage	Cabbage	
	Celery	Green peas	Collard greens	
	Corn		Endive (raw)	
	Cucumber (peel removed)	Pickle (dill)	Kale (raw leaf)	
	Eggplant	Lettuce (iceberg)	Lettuce (bib, red leaf)	
	Mushrooms		Mustard greens (raw)	
	Onions		Parsley	
	Green pepper		Spinach	
	Potato		Turnip greens (raw)	
	Pumpkin		Watercress (raw)	
	Sauerkraut (canned)		Swiss chard	
	Tomato			
	Fruits	Apple		
		Banana		
Blueberries				
Grapes				
Orange				
Meats	Beef			
	Chicken			
	Pork			
	Tuna			
	Turkey			
Fats and Oils	Corn oil	Margarine	Mayonnaise	
	Peanut oil	Olive oil	Canola oil	
	Safflower oil		Soybean oil	
	Sesame oil			
	Sunflower oil			
Dairy Products	Butter			
	Cheese (cheddar)			
	Eggs			
	Sour cream			
	Yogurt			

Beverages	Coffee		
	Cola		
	Fruit juices		
	Milk		
	Tea (black)		Tea (green)**

* Adapted with permission from Clotcare Online Resource at www.clotcare.com. (Accessed April 20, 2005).

** There is some controversy as to whether brewing green tea alters the vitamin K content and/or whether green tea may alter the effect of warfarin by some other mechanism.

Potential Interactions of Dietary Supplements with Warfarin^a

Potential Increase in Risk of Bleeding		
Acetyl-L-carnitine	Fish oil	Mate
Arnica	Flaxseed, Flaxseed oil	Melatonin
Alcohol, acute use	Fo-ti	Mesoglycan
Bishop's weed	Forskolin	Milk thistle
Black tea	Forsythia	N-acetyl glucosamine
Bladderwrack	Gamma-linolenic acid	Nattokinase
Boldo	Garlic	Oolong tea
Borage seed oil	Ginger	Pantethine
Burdock	Ginkgo	Papaya
Caffeine	Ginseng, Siberian	Peppermint oil
Chondroitin sulfate	Glucosamine	Propionyl-L-carnitine
Cod liver oil	Grapefruit, Grapefruit juice	Red clover
Coltsfoot	Guarana	Reishi mushroom
Cranberry, cranberry juice	Guggul	Resveratrol
Danshen	Holy basil	Saw palmetto
Devil's claw	Honeysuckle	Sea buckthorn
Dong quai	Horse chestnut	Tiratricol
Epimedium	Ipriflavone	Turmeric
Eucalyptus oil	Jiaogulan	Vinpocetine
Evening primrose oil	Kava	Vitamin A
Fenugreek	L-carnitine	Vitamin E
Feverfew	Lycium	Willow bark
		Wintergreen
Possible Decrease in Warfarin's Effects		
Acerola		
Alcohol, chronic use		
Alfalfa		
Cherokee rosehip		
Chlorella		
Coenzyme Q10		
Corn silk		
EDTA		
Ginseng, American		

Ginseng, Panax		
Green tea		
Limonene		
Rose hip		
Smartweed		
Soy		
Spinach		
St. John's wort		
Stinging nettle		
Vitamin C		
Vitamin K		
Watercress		

^aAdapted from Natural Medicines Comprehensive Database at www.naturaldatabase.com. (Accessed 4/21/05).