



Vitamin K and Medications

What?

If the doctor has prescribed Coumadin or Warfarin to “thin” your child’s blood you need to watch how much Vitamin K you provide from food and dietary supplements.

Why?

Coumadin or Warfarin interferes with Vitamin K so that the blood clots more slowly. The doctor uses a test called INR to make sure that the blood will not clot too quickly or too slowly. Changing how much Vitamin K you provide can change your child’s INR. This change could result in bleeding or an unwanted clot.

How?

- Give the medicine exactly as the doctor directed.
- Keep the Vitamin K intake about the same. It is as simple as 1-2-3.
 1. Keep the intake of high Vitamin K food **consistent**. You might plan to provide no more than $\frac{1}{2}$ cup of these foods per day. If your child likes these foods and eats them often, you can provide more, but be **consistent**. For example, you could provide about a cup of one of these foods on most days.
 2. Do not have large changes in the medium Vitamin K foods you offer. For instance, it would not be wise to offer coleslaw at every meal and then stop offering it entirely.
 3. Make careful decisions about dietary supplements.
 - You can provide a daily multi-vitamin (many contain 25 micrograms of Vitamin K/tablet)

- If your child does not regularly eat green vegetables, a multi-vitamin can be helpful. Remember to do it every day.
- Do not take supplements that contain large amounts of Vitamin K (more than 100 micrograms/day).

Which Foods have Vitamin K?

Food	Amount	Vitamin K (mcg)
Spinach, cooked	½ cup	444
Kale, cooked	½ cup	531
Collard greens, cooked	½ cup	418
Mustard greens, cooked	½ cup	210
Spinach, raw	1 cup	145
Broccoli, cooked	½ cup	110
Brussels sprouts, cooked	½ cup	109
Lettuce, green leaf, raw	1 cup	97
Cabbage, cooked	½ cup	81
Lettuce, romaine, raw	1 cup	57
Asparagus	4 spears	48
Broccoli, raw	½ cup	45
Kiwi fruit	1 medium	31
Blackberries or blueberries, raw	1 cup	29
Pickles, cucumber, dill or kosher dill	1 pickle	25
Grapes (red or green)	1 cup	23
Peas	½ cup	19

Supplements

Dietary supplements can affect how your child's blood clots. Use only supplements approved by your physician or registered dietitian.

- Generally, it is not wise to take vitamin E or fish oil supplements.
 - Herbal supplements to avoid include: alfalfa, arnica, bilberry, butcher's broom, cat's claw, dong quai, feverfew, forskolin, garlic, ginger, ginkgo, horse chestnut, inositol hexaphosphate, licorice, meililot (sweet clover), pau d'arco, red clover, St John's wort, sweet woodruff, tumeric, willow bark, and wheat grass*

*Adapted from the National Institute of Health Office of Dietary Supplements. Available at <http://dietary-supplements.info.nih.gov/>

Adapted from material developed by Jo Ann S. Carson, PhD, RD with information from USDA National Nutrient Database for Standard Reference, Release 21 and K-Card (Couris and Dwyer, 1997). September, 2009.

Additional Information:

If you have questions, call: _____, *Registered Dietitian*

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