Dietary Effects of Vitamin K on INRs

Vitamin K

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- If you are on a blood thinner called warfarin (Coumadin), it is important to eat a healthy and balanced diet that is **consistent**. Daily changes in vitamin K can alter the way your blood clots (commonly monitored by INR), making consistency in your diet important for good medication management and control.
    - Eating the same amount of vitamin K every day helps maintain good INR and medication control
- Vitamin K helps make 4 of your blood clotting proteins, which is why it can affect blood thinning medications.
- Vitamin K is found in many everyday foods and is also naturally produced by bacterial in your gut.

Daily Recommended Intake

Age	Male	Female	Pregnant or Lactating
<6 months	2.0 mcg	2.0 mcg	
7-12 months	2.5 mcg	2.5 mcg	
1-3 years	30 mcg	30 mcg	
4-8 years	55 mcg	55 mcg	
9-13 years	60 mcg	60 mcg	
14-18 years	75 mcg	75 mcg	75 mcg
>19 years	120 mcg	90 mcg	90 mcg

Common Foods with High Vitamin K Concentrations:

- Green leafy vegetables: kale, collard greens, Swiss chard, mustard greens, parsley, spinach, cabbage, lettuce
- Vegetables: Brussels sprouts, broccoli, cauliflower
- Fish, liver, meat, and eggs
- Soybeans and canola oil
- Dietary supplements (Boost, Ensure, multivitamins, tobacco products, etc.)
    - Vitamin K is commonly found in supplements containing calcium, magnesium, or vitamin D.

A list of foods with their vitamin K content can be found at the following links (or scan the QR code on your smart phone).

https://ods.od.nih.gov/pubs/usdandb/VitK-Phylloquinone-Content.pdf

https://ods.od.nih.gov/pubs/usdandb/VitK-Phylloquinone-Food.pdf

Ask your doctor before starting new antibiotics or if you have any malabsorption disorders such as: cystic fibrosis, celiac disease, ulcerative colitis, short bowel syndrome, or bariatric surgery.

Additional information can be found at:

https://ods.od.nih.gov/factsheets/VitaminK-Consumer/

Resources
https://medlineplus.gov/ency/article/002407.htm
https://ods.od.nih.gov/factsheets/VitaminK-HealthProfessional/
https://uihc.org/health-topics/warfarin-your-diet-and-vitamin-k-foods
https://www.hsph.harvard.edu/nutritionsource/vitamin-k/