

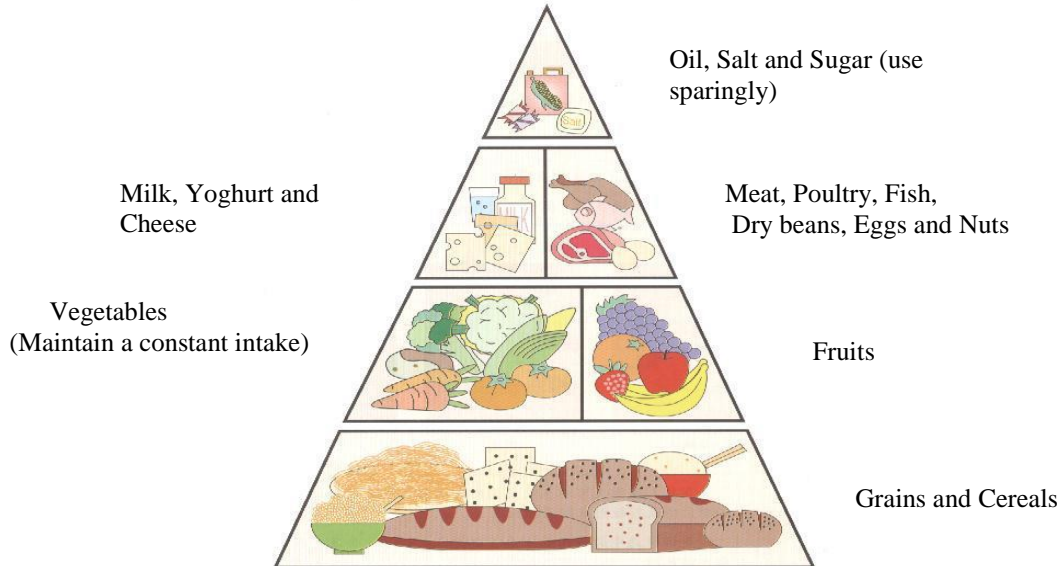
# WARFARIN DIETARY GUIDELINE

**This leaflet is for reference only. Please consult dietitian for individual advice.**

Vitamin K plays an important role in blood clotting. A fluctuation in vitamin K intake will affect the efficacy of warfarin. Hence, patient on warfarin should maintain a consistent vitamin K intake.

## Dietary Principles

- Maintain a balanced diet



- Avoid any drastic changes in habitual dietary intake especially pine nuts, prunes, kiwifruit, canola oil and green leafy vegetables in order to maintain a consistent intake of vitamin K.
- Avoid the following
  - Fish oil supplement
  - Traditional Chinese medicine/over-the-counter medications
  - Chinese herbal tonic and remedies
  - Alcohol (including beer, red wine, white wine and spirits)
  - Vitamin supplements (vitamin K and large amount of vitamin C and E consumption can affect the efficacy of warfarin)
- Consult your doctor or dietitian before taking any nutritional supplements
- The following food are rich in vitamin K or contain nutrients that may affect the efficacy of warfarin and should be avoided

Food Group	Food to avoid
<b>Vegetables and Dry Beans</b>	Amaranth, Chives, Green yard-long beans, Kale, Spinach, Water spinach, Swiss chard, Purslane, Pea shoots, Wolfberry leaves
<b>Nuts</b>	Gingko*
<b>Fruits</b>	Avocado*, Papaya*, Cranberry Juice*, Cranberry Jam*, Mango*, Pomegranate*, Grapefruit*
<b>Meat</b>	Liver*, Chinese liver sausage*, Liver pate*
<b>Fats &amp; Oils</b>	Soybean oil
<b>Others</b>	Green tea powder & its products such as green tea ice-cream Tonic water* and bitter lemon* <u>Use sparingly or as garnish only:</u> Mint leaves, Green tea leaves, Wood ear*, Purple laver, Algae kombu, Garlic*, Ginger, Spring onion, Coriander, Parsley

\*These food may not be high in vitamin K but may affect the efficacy of warfarin