

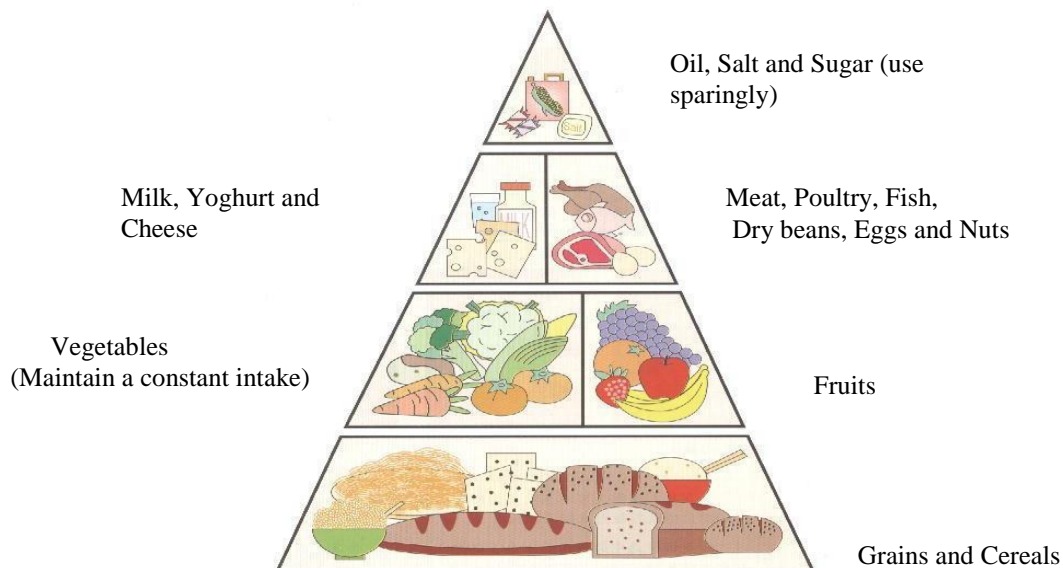
WARFARIN DIETARY GUIDELINE

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

1. Maintain a balanced diet



2. 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.
3. 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)
4. Consult your doctor or dietitian before taking any nutritional supplements
5. 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
Vegetables and Dry Beans	Chinese Spinach, Chives, Green string beans, Chinese Kale, Spinach, Water spinach, Swiss chard, Purslane, Pea shoots, Matrimony vine, Kale
Nuts	Ginkgo*
Fruits	Avocado*, Papaya*, Cranberry Juice*, Cranberry Jam*, Mango*, Pomegranate*, Grapefruit*
Meat	Liver*, Chinese liver sausage*, Liver pate*
Fats & Oils	Soya bean oil
Others	Green tea powder & its products such as green tea ice-cream Tonic water* and bitter lemon* <u>Use sparingly or as garnish only:</u> Green tea leaves, Edible tree fungus*, 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