

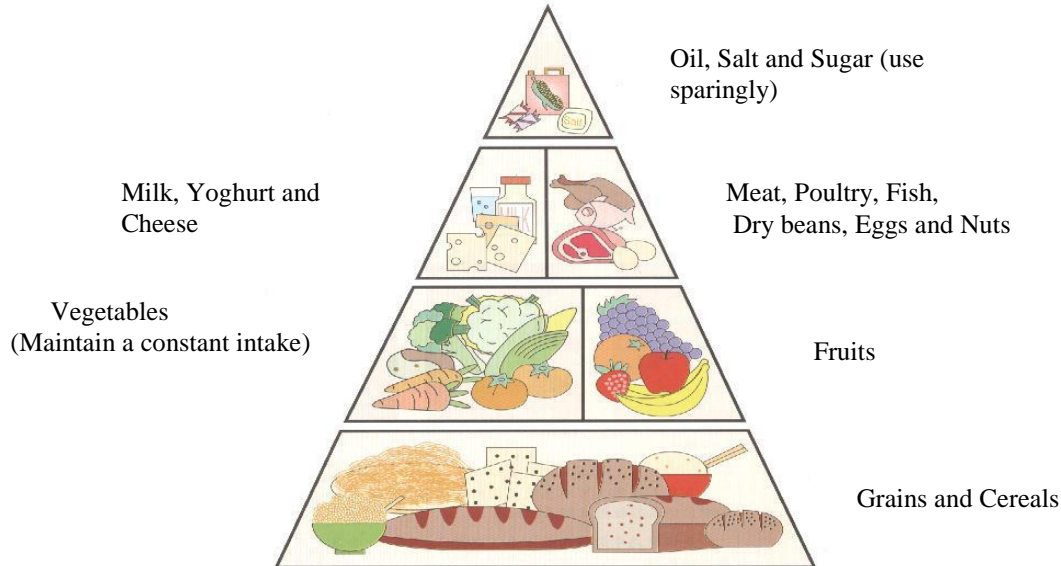
WARFARIN DIETARY GUIDELINES

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 the quantity of green leafy vegetables even when having hotpots or salads 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
Vegetables and Dry Beans	Amaranth, Chives, Green yard-long beans, Kale, Spinach, Water spinach, Swiss chard, Purslane, Pea shoots, Wolfberry leaves
Nuts	Gingko*, Pine nuts
Fruits	Avocado*, Papaya*, Cranberry Juice*, Cranberry Jam*, Mango*, Pomegranate*, Grapefruit*, Dried prunes, Kiwifruit
Meat	Liver*, Chinese liver sausage*, Liver pate*
Fats & Oils	Soybean oil, Canola 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> 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