

Warfarin (Coumadin®) acts by interfering with Vitamin K, reducing your body's ability to form blood clots.

Vitamin K Content of Cooking Oils		
Oil	Amount	Vitamin K (mcg)
Soybean	1 tbsp	28
Canola	1 tbsp	20
Olive	1 tbsp	8
Foods Very High in Vitamin K		
Food Type	Serving Size	Vitamin K (mcg/serving)
Kale, frozen, boiled	½ cup	573
Kale, fresh, boiled	½ cup	531
Spinach, frozen, chopped	½ cup	513
Spinach, canned	½ cup	494
Spinach, fresh, boiled	½ cup	444
Collard greens, fresh, boiled	½ cup	418
Beet greens, fresh, boiled	½ cup	349
Turnip greens, fresh, boiled	½ cup	265
Green Tea (dried leaves)	1 tbsp	215
Mustard greens, fresh, boiled	½ cup	210
Lettuce, butterhead (includes boston / bibb), raw	1 head	167
Brussels Sprouts, frozen, boiled	½ cup	150
Brussels Sprouts, fresh, boiled	½ cup	110
Broccoli, fresh, boiled	½ cup	110
Onions, spring or scallion (including tops/bulb), raw	½ cup	103
Foods Moderately High in Vitamin K		
Food Type	Serving Size	Vitamin K (mcg/serving)
Broccoli, frozen, boiled	½ cup	92
Pistachios	½ cup	75
Spinach, raw, chopped	½ cup	73
Asparagus, frozen, cooked, boiled, drained	½ cup	72
Sauerkraut, canned	½ cup	67
Pumpkin Seeds, dried, roasted	½ cup	54
Lettuce, Green Leaf, shredded	½ cup	50
Cucumber, with peel, raw	1 large	49
Mayonnaise, regular	½ cup	49
Spinach, raw	1 leaf	48
Broccoli, raw, chopped	½ cup	44
Watercress, raw, chopped	½ cup	43
Black Tea (dried leaves)	1 tbsp	39
Cabbage, cooked, boiled, drained	½ cup	37
Avocado, without skin and seed	1 fruit	36
Rhubarb, frozen, cooked, with sugar	½ cup	35
Prunes	½ cup	32
Food Type	Serving Size	Vitamin K (mcg/serving)
Okra, fresh, boiled	½ cup	32
Black Eye Peas, boiled	½ cup	32
Lettuce, Romaine, shredded	½ cup	28
Celery, cooked, boiled, drained	½ cup	28
Endive, shredded	½ cup	28
Bread crumbs, dry, grated, seasoned	½ cup	28
Vitamin K mcg amounts from the USDA National Nutrient Database for Standard Reference, Release 18		