



SELF HELP

Diet: foods low in vitamin K content

Foods rich in vitamin K can make your blood more prone to clotting and lower your INR. This does not mean they are to be avoided as most are essential for a healthy balanced diet; however, you should try not to binge on them and consult your doctor before changing your diet to include them as your INR may be affected.

All fish and meat, with the exception of liver, are low in vitamin K as are most grain products such as rice, couscous, pasta and bread.

Artichoke	Apples (red)	Almond oil	Bagel	Coffee
Aubergine	Apricot	Butter	Breakfast cereals	Cola
Beets	Banana	Cheese	Couscous	Fruit juices
Carrot	Blackberries	Cream	Flour	Tea
Corn	Blueberries	Eggs	Pasta	Red wine
Cucumber (no skin)	Cherries	Ice cream	Rice	White wine
Leek	Lemon	Milk		
Mushrooms	Melon	Peanut oil		
Parsnip	Nectarine	Sesame oil		
Pepper (red)	Orange	Sunflower oil		
Potato	Peach	Vegetable oil		
Pumpkin	Pear	Walnut oil		
Radish	Pineapple			
Squash	Plum			
Sweet potato	Pomegranate			
Tofu	Raspberries			
Tomato	Strawberries			
Tomato sauce	Watermelon			
Turnip				