



SELF HELP

## Diet: Foods with average vitamin K content

Foods containing 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.

Vegetables	Fruit	Nuts/Pulses	Oils/Dairy/Spreads
Asparagus	Apple (green)	Cashews	Olive oil
Avocado	Grapes	Hazelnuts	Margarine
Celery	Kiwi	Lentils	Mayonnaise*
Lettuce (Iceberg)	Prunes	Pine nuts	
Okra (white or yellow)	Raisins	Pistachios	
Onions			
Peas (garden/sugar snap)			
Pepper (green)			

\*(if made with canola or soybean oil)