



SELF HELP

Diet: foods high 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.

Beans (green/broad)	Mango	Canola oil	Green tea	Pork liver
Broccoli	Rhubarb	Soybean oil	Chamomile tea	Lamb liver
Brussel sprouts				Chicken liver
Cabbage				
Cauliflower				
Chickpeas				
Chicory				
Spring Greens				
Endive				
Garlic				
Kale				
Lettuce (red leaf)				
Parsley				
Seaweed (in sushi)				
Soybeans				
Spinach				
Spring onions				
Swiss Chard				
Watercress				