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DIET RECOMMENDATIONS FOR PEOPLE ON COUMADIN

A LIST OF HIGH VITAMIN K FOODS TO BE EATEN IN LIMITED QUANTITIES, OR IF EATEN IN HIGH QUANTITY, YOU NEED TO HAVE YOUR PROTINE (*BLOOD TEST*) RECHECKED SOONER THAN NORMAL:

- Brussel Sprouts
- Collard Greens
- Green Onions
- Kale
- Mustard Greens
- Parsley
- Spinach
- Swiss Chard
- Turnip Greens

- Margarine
- Olive Oil