



Situational Safety: Cooking oils and vitamin K

Although it is important for patients on Coumadin® (warfarin) to monitor Vitamin K consumption, patients often do not think of cooking oil as a potential source of vitamin K. However, oils sometimes contain more Vitamin K than some dark, leafy vegetables.

Many Vitamin K-rich foods are easily identified because of their dark green coloring, like romaine lettuce, broccoli, and spinach. Other products commonly used in the kitchen represent less visible forms of vitamin K, including mayonnaise, cooking oils, and salad dressings. What do these foods have in common? They contain a variety of oils that are rich in vitamin K.

Common Cooking Oils	Vitamin K	Serving Size	Vitamin K rating
Oil, soybean	54	1 ounce	High
Oil, canola	39.5	1 ounce	High
Oils, vegetable	17.1	1 ounce	Medium
Oil, olive	13.7	1 ounce	Low
Oil, safflower	3	1 ounce	Low
Oil, walnut	2	1 ounce	Low
Oil, sesame	3	1 ounce	Low
Oil, sunflower	2.5	1 ounce	Low
Oil, almond	1	1 ounce	Low
Oil, corn	1	1 ounce	Low
Oil, peanut	.1	1 ounce	Low

1

This table can help patients plan a diet with a consistent level of vitamin K consumption on a daily basis. Eliminating vitamin K from the diet would be difficult and, since vitamin K is important for bone health², could have negative health consequences. So, a balanced diet with a consistent intake of vitamin K is recommended.³ Note that oils and salad dressings with lower fat content also have less vitamin K per serving.⁴

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- 1 Desmarais, R. (2005). *The Coumadin Cookbook*. Maryland: Marsh Publishing
- 2 Vermeer, C. (2003). *Vitamin K supplementation: A simple way to improve bone and vascular health*. Nutraceuticals, 17-20.
- 3 Bristol-Myers Squibb Company. (2007). *Medication Guide for Coumadin Tablets and Coumadin for Injection* [Package Insert]. Princeton, NJ: Bristol-Myers Squibb Company.
- 4 Peterson, J., et al. (2002). Phylloquinone and dihydrophylloquinone content of fats and oils. *JAACS*, 79, 641-646.

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