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Warfarin and leafy greens — what's the real rule?

Yusuf B. — valve replacement · 9 Sep 2026

Anyone else on warfarin and constantly fielding questions about leafy greens?

My INR clinic finally explained it clearly: consistency matters more than avoidance. I eat roughly the same amount of vitamin K foods every day and my INR has been stable at 2.6-2.8 for months. Obviously check with your own clinic, but the 'never eat spinach again' advice I got at first was nonsense.

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.