

Using Medifast with Coumadin® (Warfarin)

If your doctor has prescribed you Coumadin® (Warfarin) to prevent or limit the growth of blood clots, here is what both of you should know about losing weight on the Medifast Program. In order for this drug to work properly, you need to get a consistent amount of vitamin K in your diet. This guide can help you plan your day so you do receive a consistent amount of vitamin K each day.

If you're on the Medifast 5 & 1 Plan® for weight loss, it's essential to tell your doctor, who may wish to review your food choices, test your blood, or adjust your medication as needed.

Having five Medifast Meals each day provides roughly 100%-125% of your daily requirement for vitamin K through the Medifast Meals alone, depending on which meals you choose. Here are some food recommendation guidelines to help you keep track of your daily vitamin K intake.

Medifast Meals	Medifast Meals with 16 mcg (20% of daily value) of vitamin K in each serving	Medifast Meals with 20 mcg (25% of daily value) of vitamin K in each serving
Bars	<ul style="list-style-type: none"> Crunch Bars (all flavors) Caramel Nut Maintenance Bar (limit to one a day on the Medifast 5 & 1 Plan®) Chewy Bars (all flavors) 	
Cereal Crunch	<ul style="list-style-type: none"> Cinnamon & Brown Sugar Mixed Berry 	
Crunchers	<ul style="list-style-type: none"> BBQ Bites Honey Mustard Pretzels Cheese Pizza Bites Chili Nacho Cheese Puffs Cinnamon Pretzels Parmesan Cheese Puffs 	
Eggs	<ul style="list-style-type: none"> Original Style Southwest Style 	
Hearty Choices	<ul style="list-style-type: none"> Macaroni & Cheese Garlic Mashed Potatoes Ziti Marinara Sour Cream & Chive Mashed Potatoes 	<ul style="list-style-type: none"> Hearty Vegetarian Sloppy Joe Vegetable Chili
Hot Drinks	<ul style="list-style-type: none"> Calorie Burn Cappuccino Chai Latte Cappuccino Hot Cocoa 	
Oatmeal		<ul style="list-style-type: none"> Apple Cinnamon Maple & Brown Sugar Blueberry Peach
Pancakes	<ul style="list-style-type: none"> Chocolate Chip Spiced Original 	
Pudding	<ul style="list-style-type: none"> Banana Vanilla Chocolate 	
Quenchers	<ul style="list-style-type: none"> Fruit Drinks (all flavors) Orange Blend Iced Teas (all flavors) 	
Shakes	<ul style="list-style-type: none"> Medifast Shakes (all flavors) Medifast Shakes with Antioxidants (all flavors) 	<ul style="list-style-type: none"> Ready-to-Drink Shakes (all flavors)

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Medifast Meals	Medifast Meals with 16 mcg (20% of daily value) of vitamin K in each serving	Medifast Meals with 20 mcg (25% of daily value) of vitamin K in each serving
Smoothies	<ul style="list-style-type: none"> Pineapple Mango Triple Berry 	
Soft Bakes	<ul style="list-style-type: none"> Blueberry Muffin Brownie Chocolate Chip 	
Soft Serve	<ul style="list-style-type: none"> Chocolate Mint Coffee Mango Peanut Butter 	
Soups	<ul style="list-style-type: none"> Chicken & Wild Rice Maryland Style Crab Tomato Basil Bisque 	<ul style="list-style-type: none"> Chicken Noodle Beef Vegetable

Medifast Products that do not contain vitamin K include our Sugar-Free Syrup, all Flavor Infusers™, Lean & Green Meal Helpers™, Flavors of Home™ and all Snacks.

If you're taking Coumadin® (Warfarin), it's important to control the additional amount of vitamin K you might get through your Lean & Green™ Meal.

	Lower carbohydrate ←	→ Higher carbohydrate	
Lowest vitamin K	<ul style="list-style-type: none"> Mushrooms (white) (½ cup) Hearts of palm (½ cup) 	<ul style="list-style-type: none"> Mushrooms (portabella) (½ cup) 	<ul style="list-style-type: none"> Kohlrabi (½ cup) Jicama (½ cup)
	<ul style="list-style-type: none"> Radishes (½ cup) 	<ul style="list-style-type: none"> Fennel bulb (½ cup) 	<ul style="list-style-type: none"> Turnips (½ cup)
	<ul style="list-style-type: none"> Nopales (½ cup) Jalapenos (½ cup) Cucumber (½ cup) 	<ul style="list-style-type: none"> Eggplant (½ cup) 	<ul style="list-style-type: none"> Squash (spaghetti, crook neck, or straight neck) (½ cup)
	<ul style="list-style-type: none"> Sprouts (alfalfa) (½ cup) Arugula (1 cup) 	<ul style="list-style-type: none"> Squash (scallop or zucchini) (½ cup) 	<ul style="list-style-type: none"> Tomato (red ripe) (½ cup)
	<ul style="list-style-type: none"> Celery (½ cup) Bok choy (raw) (1 cup) 	<ul style="list-style-type: none"> Cauliflower (½ cup) Bok choy (cooked) (½ cup) 	<ul style="list-style-type: none"> Peppers (red, yellow, green) (½ cup)
	<ul style="list-style-type: none"> Lettuce (Iceberg, Romaine, Butterhead, or green leaf) (½ cup) 	<ul style="list-style-type: none"> Asparagus (½ cup) 	<ul style="list-style-type: none"> Green or wax beans (½ cup)
	<ul style="list-style-type: none"> Spring mix (1 cup) 	<ul style="list-style-type: none"> Cabbage (green) (½ cup) 	<ul style="list-style-type: none"> Cabbage (red) (½ cup)
	<ul style="list-style-type: none"> Watercress or endive (1 cup) 	<ul style="list-style-type: none"> Spinach or kale (cooked) (½ cup)* 	<ul style="list-style-type: none"> Okra (½ cup)
	Highest vitamin K	<ul style="list-style-type: none"> Turnip greens (raw) (½ cup)* 	
<ul style="list-style-type: none"> Spinach, collard greens, or mustard greens (fresh/raw) (1 cup)* 			<ul style="list-style-type: none"> Broccoli (½ cup)
<ul style="list-style-type: none"> Swiss chard (raw) (1 cup) 			<ul style="list-style-type: none"> Collard or mustard greens (cooked) (½ cup)* Swiss Chard (cooked) (½ cup)*

*Limit these vegetables to one serving per day.

For more help in using Medifast with certain medications and health conditions, call (800) 509-1281.

