



The Coumadin Cookbook: A Complete Guide to Healthy Meals When Taking Coumadin

Rene, M.D. Desmarais, Greg Golden, Gail Beynon

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Patients on COUMADIN® have always had to pay attention to the Vitamin K content in their foods. "The COUMADIN® Cookbook" provides guidelines for stabilizing daily Vitamin K intake to patients on COUMADIN®. In addition to clear directions for preparing a variety of tasty dishes, each recipe in the book gives the number of micrograms of Vitamin K contained per serving. This cookbook is written with the viewpoint of the patient in mind. With the use of the cookbook, it should be easier for the patient to eat a wide variety of healthy foods AND consume roughly the same amount of vitamin K each day. The "INTRODUCTION" reviews several important facts regarding COUMADIN® and vitamin K. In the section "USEFUL DIETARY TIPS", the patient is provided with general information on how to make their intake of Vitamin K more constant. The Coumadin® Cook Book lists around 200 foods low in Vitamin K per serving. Over 300 tasty recipes with known Vitamin K content per serving are provided. These include SALADS and VEGETABLES. Every food group is represented in the recipes.

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