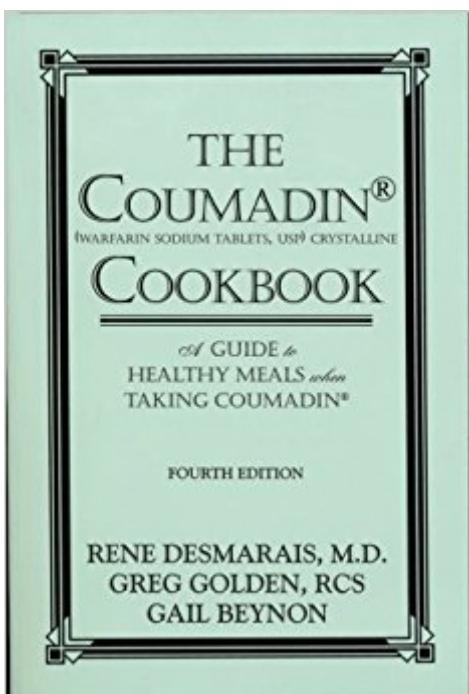


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# The Coumadin Cookbook: A Guide To Healthy Meals When Taking Coumadin



## **Synopsis**

The Coumadin Cookbook: A Guide to Healthy Meals when Taking Coumadin by Dr. Rene Desmarais, Greg Golden, and Gail Beynon . 2005 fourth edition paperback published by the Marsh Publishing Company, Salisbury, Maryland.

## **Book Information**

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## **Customer Reviews**

The Coumadin Cookbook: A Guide to Healthy Meals when Taking Coumadin by Dr. Rene Desmarais, Greg Golden, and Gail Beynon . 2005 fourth edition paperback published by the Marsh Publishing Company, Salisbury, Maryland.

Very helpful to give me guidelines. It gave me a look and the ability to change some things or leave out things.

It is a godsend for a coumadin user. But why have recipies with 6, 8, and 12 portions? There is usually just one person in a house hold on the prescription and even with freezing portions for later consumption one gets tired fast of the same food.

makes meal planning easy. I love this book.

What I really needed was a meal menu plan that managed daily vitamin K intake without having to count and calculate. The recipes are very helpful, as well as the lists and tables and suggestions of particular products. It's scary to feed someone who's suddenly on Coumadin, but this book gave me

more confidence.

Helpful guide with recipes and amounts of vitaminK in each dish.

This is a great book. One will be able to eat with the family and enjoy their meals no double meals. I was really surprised to find it so helpful. You really don't have to give up or stop eating veggies just follow the portions. Great book

This book is a thorough explanation of the interaction of the medication coumadin with the vitamin, vitamin K. It explains how persons who need to take coumadin can prepare healthy and tasty meals while enabling the medication to remain effective.

Book does list vegetables to stay away from ... gives their vitamin K content. I thought I was going to get actual menus for meals. Not so. Just a bunch of recipes with not so common items I keep in my pantry. I've checked and can find NO GOOD meal planning guides for Coumadin victims.

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