

Food-Drug Interactions

Could your favorite foods be messing with your meds?

More than 131 million people in the United States—nearly 70% of adults—use prescription drugs. While food doesn't affect all medications, many foods and drinks can affect how medications are absorbed and metabolized in the body, which can impact the effectiveness of your medication and, in some cases, cause negative side effects. Here are



a few common food-drug interactions of which you should be aware..

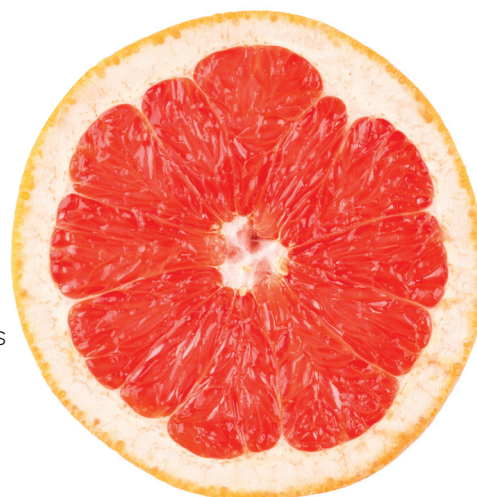
GRAPEFRUIT

Avoid if you take...

- Some statins, including atorvastatin (Lipitor), lovastatin, and simvastatin (Zocor)
- Calcium channel blockers (CCBs) including nicardipine, felodipine, and nimodipine (Nymalize)
- Antiarrhythmics including amiodarone (Pacerone)
- Estrogen-containing medications including drospirenone/ethinyl estradiol (Yasmin, Ocella) and estradiol (Estrace)
- Some anxiety medications including buspirone
- Some opioid painkillers including oxycodone (Roxicodone, OxyContin) and methadone (Methadose)
- Some oral corticosteroids including budesonide (Entocort EC, Ortikos)
- Some immunosuppressants including cyclosporine (Sandimmune), tacrolimus (Prograf, Envarsus XR, Astagraf XL), and sirolimus (Rapamune).

Why you should avoid

Grapefruit and grapefruit juice can increase the levels of these



medications, which can cause various issues depending on the medication, including increased side effects.

Avoid if you take...

Antiplatelet medication Clopidogrel (Plavix)

Why you should avoid

Grapefruit and grapefruit juice may increase the likelihood of blood clots by lowering clopidogrel levels in the body.

Avoid if you take...

ADHD medications including amphetamine/dextroamphetamine (Adderall), methylphenidate/dexmethylphenidate (Concerta, Ritalin, Focalin), lisdexamfetamine dimesylate (Vyvanse).

Why you should avoid

The acid in grapefruit and grapefruit juice, as well as other citrus fruits and foods containing vitamin C, interrupts the absorption of ADHD medications, which can make it ineffective.

LEAFY GREENS

Avoid if you take...

Blood thinners including warfarin (Jantoven and Coumadin)

Why you should avoid

Foods containing vitamin K, including broccoli, cabbage, kale, spinach, swiss chard, seaweed, and other leafy greens, promote blood clotting. Consuming these foods can counteract the blood-thinning benefits of these medications.



DAIRY PRODUCTS

Avoid if you take...

- Certain antibiotics, including tetracyclines and fluoroquinolones
- Osteoporosis medications, including bisphosphonates like risedronate (Actonel), alendronate (Fosamax), and ibandronate (Boniva)

Why you should avoid

Dairy products can interfere with the absorption of these medications, making them less effective potassium-rich foods.

Avoid if you take...

- Blood pressure-lowering ACE inhibitors including captopril (Capoten) and moexipril (Univasc)

Why you should avoid

Consuming potassium-rich foods like bananas, avocados, and tomatoes while taking ACE inhibitors can cause high potassium levels in the body, which can lead to potentially dangerous heart arrhythmias.