

Food and Drug Interactions

Many older adults take prescriptions drugs and can be at risk for negative food and drug interactions. The effect food can have on medication can be either positive or negative. Food can either interfere with the body's ability to absorb a medication (which can result in a reduction of the dose received), or food can increase absorption (which can result in improved availability of the drug or risk of toxicity).

Let's summarize the most common problematic pairings between drug and food and their interaction. Please be sure to contact your doctor or pharmacist if you have questions regarding medications you take and possible side effects.

<u>Drug</u>	<u>Food</u>	<u>Drug Effect</u>
Some Statins (eg: Lipitor, Zocor)	Grapefruit, Pomegranate, & Cranberry juice	Increase
Antidepressants (MAO inhibitors)	Chocolate & other foods containing Tyramine	Increase
Allergy meds (eg: Allegra)	Black Pepper	Increase
Anticlotting agents (eg:Plavix)	Fatty Fish	Increase
Blood Thinners (eg: Coumadin)	Leafy Greens	Decrease
Beta-Blockers	Natural Licorice	Decrease
Antibiotics	Milk & Calcium-fortified juices	Decrease

Source: Today's Dietitian, December 2010