

Food and Drug Interactions

Some foods can change how medications work in your body. This may cause serious health problems. Read below to see if you are taking any of these medications.



Ask your doctor

Ask your doctor or pharmacist about food interactions before taking a new medication. Food can change how over the counter and prescribed medications works in your body.

Warfarin and Vitamin K

Warfarin is used to prevent or treat blood clots. Vitamin K changes how warfarin works. Vitamin K rich foods are green vegetables like kale, spinach, broccoli, and Brussels sprouts. To prevent that, eat similar amounts of green leafy vegetables everyday. Other common blood thinners are eliquis, praxida, and lovenox.



Antibiotics and Dairy

Calcium rich foods like dairy can reduce the effectiveness of antibiotics. Avoid eating or drinking dairy with antibiotics. Take your antibiotic 3-4 hours after you eat dairy. Common antibiotics: Doxycycline, Ciprofloxacin

MAOIs and Aged Cheese

MAOIs are a type of antidepressants (Marplan, Nardil, Emsam, or Parnate). Avoid eating aged cheese and fava beans with this medication.



Read Labels

Read medication labels before taking. Be aware of any food interactions.

Grapefruit



Grapefruit juice or grapefruit can change how medications work. Common medications may cause problems when taken with grapefruit are cholesterol and high blood pressure medications, antihistamines, and some corticosteroids. Common drugs: Lipitor, Procardia, Neoral, Allegra



Avoid Alcohol

Don't drink alcohol when taking medications. Many medications such as pain killers, antidepressants, blood thinners, and antibiotics can interact with alcohol.

Pain Medications



Avoid drinking alcohol when taking a pain medication.

Spironolactone and Licorice

Spironolactone is a diuretic used in heart disease. Licorice can reduce the effectiveness of this medication.

