



# Food Drug Interaction



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Drugs	Drugs Nutrient Interaction	Remarks by Dietician
Loop Diuretics (Lasix, Furosemide, Dytor)	Increase urinary loss of potassium, magnesium, sodium and calcium.  Symptoms: muscle cramps, decreased concentration.	Extra salts, Milk or Milk products, citrus fruits, coconut water, green vegetables, dal may be added to the diet.
Anticoagulants (Heparin, Warf and Acitrom)	Also referred to as blood Thinners. Helps to prevent harmful blood clotting (coagulation) in blood vessels and may prevent clots from Becoming larger in size.	Interacts with Vitamin K & Calcium; keep levels in diet consistent, caution with vitamin E and alcohol in take.  Avoid or limit, broccoli , cabbage, cauliflower, green leafy vegetables, soyabean, meat-liver, meat, margarine, green apple, green tomatoes, Green Tea,
Ranitidine/ Famotidine/ Omeprazole [Pantium-40, Pantodac (Antiemetics)]	Raise gastric pH, may interfere with the absorption of drugs that require acidic medium for adequate absorption. Examples include calcium & iron salts (for example iron sulphates, calcium gluconate combined with Vit-D <sub>3</sub> ), itraconazole (Sporanox), and Ketoconazole (Nizoral, Extina, Xolegel, Kuric). Long term use may interfere with vit B <sub>12</sub> absorption by reducing cleavage from dietary sources.	To patients with such medicines a diet high in Vit-B complex (like eggs, milk and products, fish, green vegetables, salads) can be Provided more.
NSAIDs	Undesirable side effects of includes gastrointestinal ulcers, stomach bleeding, and tinnitus (when you experience ringing or other noises in one or both of your ears.), especially in higher doses.  In children and adolescents, it is no longer used to control flu-like symptoms or the symptoms of chickenpox or other viral illnesses, because of the risk of Reye's syndrome (is a rare but serious condition that causes swelling in the liver and brain).	In such cases alkaline and nourishing foods like cold beverages of Milk and Milk products may be given.

<p>Ampiclox</p>	<p>AMPICLOX may decrease the efficacy of estrogen containing oral contraceptives. AMPICLOX contains cloxacillin sodium; therefore disturbances of blood electrolytes may follow the administration.</p> <p>Hemolytic anemia and leucopenia, prolongation of bleeding time and defective platelet function have been observed usually following high intravenous doses.</p>	<p>Patients with such a condition like low platelet count can be treated with papaya or papaya leaves.</p> <p>Should not consume alcohol to avoid unpleasant side effects.</p> <p>should not combine dairy and antibiotics. After taking medicine calcium rich foods should not be taken until 3 hours</p> <p>some medicines should be taken on an empty stomach (before 1-2 hours of food)</p> <p>Medicine should be taken with full glass of water. Drink plenty of fluids while using this medication unless doctor tells otherwise.</p>
<p>Statins</p>	<p>Lowers cholesterol level but inhibits synthesis of Mevalonate – an intermediary precursor of Coenzyme Q<sub>10</sub> or Ubiquinone which functions as an antioxidant &amp; also helps in mitochondrial ATP synthesis. Statins can reduce serum levels of Ubiquinone by up to 40%.</p> <p>Side effects: nausea, dizziness, headache and joins/muscle aches.</p>	<p>Patients with such conditions where there is a low level of naturally producing antioxidant can be given antioxidant rich food such as papaya, lime &amp; orange, berries to combat free radical damage.</p>
<p>Biguanides</p>	<p>Anti-diabetic drugs that has been shown to deplete vit-B12 &amp; folic acid.</p>	<p>To patients with such medicines a diet high in Vit-B complex (like eggs, milk and products, fish, green vegetables, salads) can be provided.</p>
<p>Sulfonylureas</p>	<p>Anti-diabetic drugs inhibit synthesis of Coenzyme Q<sub>10</sub> or Ubiquinone.</p>	<p>To patients with such medicines a diet high in digestive enzymes (eg., papaya, Kefir, kimchi, miso, Sauerkraut, kiwi pineapple,</p>

		avocado, ginger, lime, oranges) can be given.
$\alpha$ -glucosidase inhibitors	Anti-diabetic drugs inhibit conversion of disaccharides and polysaccharides into monosaccharides like glucose which is absorbable form of carbohydrate in body.	Patients who are on such drugs if found hypoglycemic, Dextrose is recommended instead table sugar (which contains sucrose). Patients with such conditions can be treated with glucose water. To prevent occurrence of such condition patient should be suggested to have small and frequent meals.
ACE inhibitors	Increases potassium level which may cause irregular heartbeat and heart palpitations. Decreases sodium and zinc level which results in nausea and vomiting, headache, confusion, loss of energy and fatigue, restlessness and irritability, muscle weakness, spasms or cramps, susceptibility to infection dermatitis, anemia.	In such condition a diet low in potassium and high in sodium and zinc may be given. For that citrus fruits, coconut water, leafy vegetables, dal may be avoided and on the other side buttermilk, roots and tubers ,spinach, extra salt, garlic, onion may be added in diet.
Tetracycline/ Ciprofloxacin	Chelates (Chelated" minerals are among the mineral supplements touted for their improved absorption.) Ca, Fe, Mg <sup>2+</sup> , and Zn resulting in reduced absorption of these nutrients.	This drug should not be taken with milk and milk products or calcium fortified food (like grains, drinks)  may eat or drink dairy products or calcium-fortified foods with a regular meal, but do not use them alone when taking ciprofloxacin  Tetracycline can interfere with the activity of folic acid, potassium , and vitamin B, vitamin B6, vitamin B12, vitamin C, and vitamin K,. People taking tetracycline for longer than two weeks should ask their doctor about

		<p>In such case patients' diet should rich in nutrients such as Vit-C which helps to increase the absorption of calcium by giving and acidic medium and also diet should rich in nutrients like potassium.</p> <p>Such combination can be provided to patients through papaya, sweet lime, leafy vegetables, oranges and lemon juice.</p>
<p>Laxatives (Creamaffin, Duphalac)</p>	<p>Lowers gastric transit time &amp; reduce absorption of calcium, potassium.</p>	<p>In such case patients' diet should rich in nutrients such as Vit-C which helps to increase the absorption of calcium by giving and acidic medium and also diet should rich in nutrients like potassium.</p> <p>Such combination can be provided to patients through papaya, sweet lime, leafy vegetables, oranges and lemon juice.</p>
<p>Iron Supplement (non-haem source)</p>	<p>Absorption of ferrous increases if taken with Vitamin C.</p> <p><b>Iron is best absorbed on an empty stomach.</b> Yet, iron supplements can cause stomach cramps, nausea, and diarrhea in some people. You may need to take iron with a small amount of food to avoid this problem. Milk, calcium and antacids should NOT be taken at the same time as iron supplements.</p>	<p>Diet like papaya, sweet lime, oranges and lemon juice, Fructose (*editor's note: this is not an excuse for a sugar free-for-all!)</p> <p>Stick to plant sources of fructose, such as honey, dried figs, grapes, apples, or pears, are also advised</p> <p>Food that can <b>decrease</b> the body's absorption of iron supplement</p> <ul style="list-style-type: none"> <li>• dietary or supplemental calcium</li> <li>• coffee, milk, tea</li> <li>• some of the proteins found in soybeans</li> <li>• dietary fiber</li> </ul>

		<ul style="list-style-type: none"> <li>• phytates, found in legumes and whole grains</li> <li>• plant-based compounds called polyphenols, <b>and Tannins</b></li> <li>• beverages high in caffeine</li> <li>• including tannins (found in tea, wine, fruits, vegetables, nuts)</li> <li>• Some herbs (including peppermint and chamomile)</li> <li>• Cocoa/chocolate</li> <li>• Minerals (such as calcium, zinc, magnesium, and copper) that compete with iron for absorption</li> <li>• <b>Oxalates</b></li> <li>• Eggs contain phosphoprotein, a compound with iron-binding capacity that can impair iron absorption</li> </ul>
<p>Calcium supplements</p>	<p>Interferes with iron absorption. Taking Calcium supplements with food can increase absorption. But food rich in oxalic acid (spinach), or phytic acid rich foods (grain brans, whole grains), can decrease calcium absorption.</p> <p>Calcium supplements can interfere with antibiotics, bisphosphonates and high blood pressure medicine along with many other prescribed medicines.</p>	<p>Iron rich foods can be included in patient's diet.</p> <p>Calcium can effect on how body absorbs zinc, magnesium.</p> <p>Calcium should always take with vitamin D because body needs vitamin D for absorption of calcium.</p> <p>For calcium absorption stomach acid is also necessary.</p> <p>High fibre food should not be consume with calcium supplements because fibres can bind with calcium create less availability of calcium.</p> <p>Calcium supplement should not be taken with iron or other multivitamin supplements.</p> <p>Excessive salt intake can also hinder calcium absorption</p>