

## FOOD - DRUG INTERACTIONS

With advancements in research and technology, better medicines are becoming available for treating various illnesses. It is important to be aware of the interactions that might occur between these medicines and the food that is consumed.

### RISK FACTORS FOR INTERACTIONS

- Age
- Body composition
- Gender
- Medical history
- Nutritional status
- Number of medications used

### HOW ARE DRUGS USED BY THE BODY

**Stage 1-** Drug dissolves in a usable form in the stomach.

**Stage 2-** Drug is absorbed in the blood and transported to the site of action.

**Stage 3-** The body responds to the drug as desired.

**Stage 4-** The drug is excreted from the body by the liver or kidney, or both.

### HOW INTERACTIONS HAPPEN

A *food/drug interaction* occurs when food, or one of its components, interferes with the way the drug is used in the body.

A *drug/nutrient interaction* occurs when a drug affects the use of a nutrient in the body.

Foods can interfere with various steps described above (including absorption, utilization or excretion). It is important to know which drugs are susceptible to food/drug interaction and should not be taken with food.

At the same time, some drugs can interfere with the absorption of certain nutrients. In such cases, this may lead to deficiency of said nutrients, which may need to be replaced with supplements.

### AVOIDING FOOD/DRUG AND DRUG/NUTRIENT INTERACTIONS

Below are some categories of drugs which interact with food, and should be taken with precaution.

#### ANTIBIOTICS

Take 1 hour before or 2 hours after meal. Do not take with milk.

#### BLOOD THINNERS

Avoid taking with green leafy vegetables.

#### ANTICONSULTANTS

Take with vitamin C, vitamin D and folic acid supplements.

#### ANTIFUNGALS

Take with high fat meals.

#### ACID BLOCKERS

Decrease vitamin B12 absorption.

#### DIURETICS

Lead to loss of minerals. Replace with supplements.

#### LAXATIVES

Decrease vitamin and mineral absorption.



References: <http://edis.ifas.ufl.edu/pdf/files/He/HE77600.pdf>