

# Food and Drug Interactions

## Nutrition Education

March 2023



### For Your Health

When you are given a new medication, taking an over-the-counter medication, or you are not sure about how to take your medicine, read the labels and contact your doctor or pharmacist.

The foods you eat and liquids you drink can affect the way your medicines work. It is important to read the warning labels and directions that come with your medication. Below is a list of common food-drug interactions. Always make sure to check with your doctor or pharmacist while on medications

### Vitamin K and Blood Thinners

Anticoagulants are blood thinners that help reduce the chances of blood clots from developing and growing. While on blood thinning medication, it is essential to track your vitamin K intake because it can make the drug less effective. You can continue to enjoy your foods that contain vitamin K, but just in a consistent amount. Sudden changes in vitamin K intake can change the effectiveness of the medication. High sources of vitamin K can be found in cabbage, Brussels sprouts, turnip greens, broccoli, spinach, and kale.

### Potassium and ACE Inhibitors

ACE inhibitors are used to treat heart failure or help lower blood pressure. These medications can help blood flow more smoothly and help the heart pump blood better. Potassium can decrease the effectiveness of the drug and can

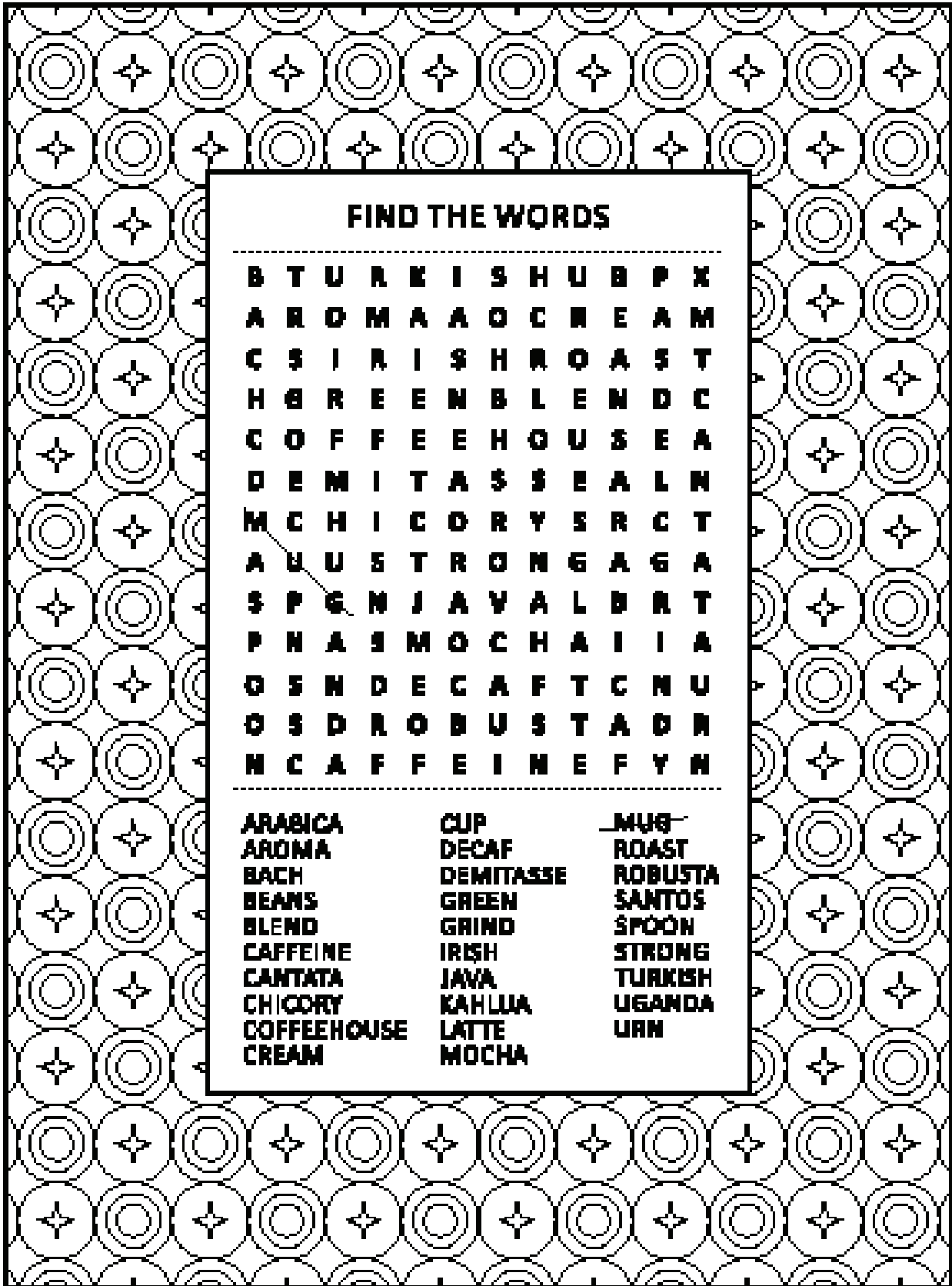
lead to heart failure. ACE inhibitors also can raise blood potassium levels, and too much potassium can be harmful. Tracking your potassium intake is important. High sources of potassium are salt substitutes, green leafy vegetables, bananas, and oranges.

### Grape Fruit Juice

Grapefruit juice is known to interact with many medications whether it is prescribed by your doctor or over-the-counter. Drugs such as statins, which help lower cholesterol levels, could have adverse side effects if you drink grapefruit juice. Other medications that may be affected by grapefruit juice are blood pressure medications, stomach acid blocking drugs, birth control, and thyroid replacement drugs.

### Natural Black Licorice

Natural black licorice can raise the amount of sodium in your body and drop the amount of potassium. It is important to check with your doctor while on heart failure medication about eating black licorice. It can cause the heart to beat incorrectly. Natural black licorice may also affect the way blood thinning medications work by increasing blood clotting.



**FIND THE WORDS**

B T U R K I S H U B P X  
A R O M A A O C R E A M  
C S I R I S H R O A S T  
H E R E E N B L E N D C  
C O F F E E H O U S E A  
D E M I T A S S E A L N  
M C H I C O R Y S R C T  
A U U S T R O N G A G A  
S P O O N J A V A L B R T  
P H A S M O C H A I I A  
O S N D E C A F T C N U  
O S D R O B U S T A O N  
N C A F F E I N E F Y N

- |             |           |                |
|-------------|-----------|----------------|
| ARABICA     | CUP       | <del>MUG</del> |
| AROMA       | DECAF     | ROAST          |
| BACH        | DEMITASSE | ROBUSTA        |
| BEANS       | GREEN     | SANTOS         |
| BLEND       | GRIND     | SPOON          |
| CAFFEINE    | IRISH     | STRONG         |
| CANTATA     | JAVA      | TURKISH        |
| CHICORY     | KAHLLIA   | UGANDA         |
| COFFEEHOUSE | LATTE     | URM            |
| CREAM       | MOCHA     |                |

**SOLUTION**

