



**PETALUMA PEOPLE
SERVICES CENTER**

Nutrition News You Can Use - November 2021

Medication & Food Interaction

Medication can be altered by food, caffeine or alcohol, other medications, vitamins, herbals and other dietary supplements. This food-drug interaction may:

- Prevent your medication from working effectively
- Cause undesirable side effects

Anytime you take a new medication, you should familiarize yourself with the possible interactions including food-drug interactions

Grapefruit Juice

Grapefruit juice can affect the way some medications are absorbed. Examples of drugs that can be impacted includes:

- Some cholesterol lowering drugs
- Antihistamines
- Blood pressure drugs
- Thyroid Replacement drugs
- Birth control
- Stomach acid blocking drugs

High Tyramine Foods

- Some medications can be impacted by foods high in Tyramine
- These medications include monoamine oxidase inhibitors (MAOIs) which treat depression, and those used to treat Parkinson's disease.
- Common foods high in tyramines include:
 - Chocolate, aged and mature cheeses, smoked and aged/fermented meats, hot dogs, some processed lunch meats, fermented soy products and draft beers (canned and bottled beers are OK).

Coumadin and Vitamin K

- Coumadin is anticoagulant known as a “blood thinner also known as warfarin that prevents blood clotting.
- Vitamin K can decrease the ability of blood thinners to prevent blood clotting.
- Leafy green vegetables are high in Vitamin K
- Examples of sources of Vitamin K:
 - Broccoli, cabbage, collard greens, spinach, kale, turnip greens and Brussel sprouts.
- It is not necessary to completely avoid these foods that are high in Vitamin K
 - Problems arise when someone’s intake of Vitamin K suddenly increases or decreases
 - It important to eat a consistent amount of these leafy greens

Suggestions

- Read labels to determine whether they have caffeine in them. Some caffeine containing foods include coffee, cola drinks, teas, chocolate, and energy drinks.
- When receiving a prescription for a new medication or taking a new over-the-counter drug, read drug warning labels
- Ask your physician and/or pharmacist about which foods or other drugs they should avoid or be concerned about taking.

Petaluma People Services Center is dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual. Our core services include: Senior Services, Counseling, Youth Programing including Mentor Me, Housing, Employment and Petaluma Bounty Farms.

www.petalumapeople.org **707-765-8488**

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- Source: The Mayo Clinic at: <https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>
The Mayo Clinic at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>