

### Food Drug Interactions

Type of Drug	Relationship with Food
<b>Anti-Coagulants</b> <ul style="list-style-type: none"> <li>* Warfarin</li> <li>* Coumadin</li> </ul>	<ul style="list-style-type: none"> <li>* Do not take: <ul style="list-style-type: none"> <li>• Goldenseal,</li> <li>• Co-Enzyme Q 10</li> <li>• Ginkgo</li> <li>• Chondroitin</li> <li>• Ginger</li> <li>• Licorice</li> </ul> </li> <li>* Be careful with Garlic Supplements</li> <li>* Ginseng may increase the effects of Warfarin or Coumadin</li> <li>* Avoid making sudden changes in the intake of foods high in Vitamin K &amp; E</li> <li>* Limit Foods such as: <ul style="list-style-type: none"> <li style="width: 50%;">• Asparagus</li> <li style="width: 50%;">• Green Tomato</li> <li style="width: 50%;">• Beef Liver</li> <li style="width: 50%;">• Asparagus</li> <li style="width: 50%;">• Broccoli</li> <li style="width: 50%;">• Beef Liver</li> <li style="width: 50%;">• Raw Green Cabbage</li> <li style="width: 50%;">• Kale</li> <li style="width: 50%;">• Canola Oil</li> <li style="width: 50%;">• Lettuce</li> <li style="width: 50%;">• Cauliflower</li> <li style="width: 50%;">• Mint</li> <li style="width: 50%;">• Chicken Liver</li> <li style="width: 50%;">• Mustard Greens</li> <li style="width: 50%;">• Collard Greens</li> <li style="width: 50%;">• Parsley</li> <li style="width: 50%;">• Cucumber Peel</li> <li style="width: 50%;">• Pork Liver</li> <li style="width: 50%;">• Egg Yolk</li> <li style="width: 50%;">• Romaine Lettuce</li> <li style="width: 50%;">• Endive</li> <li style="width: 50%;">• Soybeans</li> <li style="width: 50%;">• Garbanzos</li> <li style="width: 50%;">• Soybean Oil</li> <li style="width: 50%;">• Green Beans</li> <li style="width: 50%;">• Spinach</li> <li style="width: 50%;">• Green Peas</li> <li style="width: 50%;">• Swiss Chard</li> <li style="width: 50%;">• Green Onions</li> <li style="width: 50%;">• Turnip Greens</li> <li style="width: 50%;">• Green Tea</li> <li style="width: 50%;">• Watercress</li> </ul> </li> </ul>
<b>NSAIDs</b> <ul style="list-style-type: none"> <li>* Aspirin</li> <li>* Motrin, Advil</li> <li>* Anaprox, Aleve, Naprosyn</li> <li>* Orudis</li> <li>* Relafen</li> </ul>	<ul style="list-style-type: none"> <li>* Take with Food or Milk</li> <li>* Limit Alcohol</li> <li>* Do not take Ginseng</li> </ul>

<b>STATINS</b> <ul style="list-style-type: none"> <li>* Lipitor</li> <li>* Lescol</li> <li>* Mevacor</li> <li>* Pravachol</li> <li>* Zocor</li> </ul>	<ul style="list-style-type: none"> <li>* Take Mevacor with the evening meal</li> <li>* Avoid Grapefruit/Grapefruit Juice</li> <li>* Limit Alcohol</li> </ul>
<b>Dilantin</b> <ul style="list-style-type: none"> <li>* Kapseals</li> <li>* Infatab</li> </ul>	<ul style="list-style-type: none"> <li>* Avoid Alcohol</li> <li>* Stop any tube feeding for two hours before and after drug given</li> </ul>
<b>Tetracyclines</b> <ul style="list-style-type: none"> <li>* Achromycin</li> <li>* Sumycin</li> <li>* Vibramycin</li> <li>* Minocin</li> </ul>	<ul style="list-style-type: none"> <li>* Take one hour before or two hours after eating</li> <li>* Avoid taking dairy products at the same time as the medication</li> </ul>
<b>Flagyl/Antabuse</b>	<ul style="list-style-type: none"> <li>* Avoid Alcohol for up to three days after completing medication regimen</li> </ul>
<b>MAO Inhibitors</b> <ul style="list-style-type: none"> <li>* Nardil</li> <li>* Parnate</li> </ul>	<ul style="list-style-type: none"> <li>* Do not take Ephedra</li> <li>* Do not drink Alcohol</li> <li>* Do not use red wine Products</li> <li>* Avoid the following foods: <ul style="list-style-type: none"> <li>• Avocados</li> <li>• Bananas</li> <li>• Broad (Habas) Beans</li> <li>• Caffeine containing products</li> <li>• Caviar</li> <li>• Cheese <ul style="list-style-type: none"> <li>○ American Processed</li> <li>○ Cheddar</li> <li>○ Blue</li> <li>○ Brie</li> <li>○ Mozzarella</li> <li>○ Parmesan</li> </ul> </li> <li>• Beef and Chicken Liver</li> <li>• Cured Meats</li> <li>• Game Meats</li> <li>• Ginkgo</li> <li>• Ginseng</li> <li>• Dried Fish</li> <li>• Miso Soup</li> <li>• Raisins</li> <li>• Sauerkraut</li> <li>• Sour Cream</li> <li>• Soy Sauce</li> <li>• Yeast Extracts</li> <li>• Yogurt</li> </ul> </li> </ul>