

YOUR GUIDE TO
**FOOD AND DRUG
INTERACTIONS**



the **MIRACLE** of **SCIENCE** with **SOUL**



City of Hope®

DRUG-FOOD INTERACTIONS

ALENDRONATE (FOSAMAX)

Take with 6 to 8 oz. of plain water on an empty stomach at least 30 minutes before eating or drinking (including other medicines). Swallow tablets whole. Do not lie down for at least 30 minutes after taking a dose. Include high calcium foods in the diet. (see page 2)

CYCLOSPORINE (GENGRAF, NEORAL, SANGCYA)

Avoid grapefruit and grapefruit juice. Include high magnesium foods in the diet. (see page 5)

ITRACONAZOLE (SPORANOX)

Take capsules with a full meal to increase absorption. Take liquid formulations on an empty stomach to increase absorption. Avoid taking antacids, calcium or magnesium supplements, and Pepcid within two hours of this medication. Avoid grapefruit and grapefruit juice.

LEVOFLOXACIN (LEVAQUIN)

Best if taken on an empty stomach with a large glass of water. Avoid taking antacids, sucralfate, dairy products, and iron and zinc supplements within two hours of this medication.

LEVOTHYROXINE (LEVOXYL, SYNTHROID)

Take levothyroxine on an empty stomach with a full glass of water at least 30 to 60 minutes before breakfast. Take four hours apart from antacids, and iron and calcium supplements.

LINEZOLID (ZYVOX)

Avoid alcohol and foods high in tyramine. (see page 3)

POSACONAZOLE

Shake well. Take suspension with a full meal (high fat meals are best) to increase absorption. Avoid taking antacids, calcium or magnesium supplements, or Pepcid within two hours of this medication. Avoid grapefruit and grapefruit juice.

PREDNISON (DELTASONE, ORASONE)

Best if taken with food or milk. Avoid alcohol. Limit high sodium foods. (see page 6) Include high calcium foods in the diet. (see bottom of page)

PROCARBAZINE (MATULANE)

Avoid alcohol and foods high in tyramine. (see page 3)

SIROLIMUS (RAPAMUNE)

Avoid grapefruit and grapefruit juice.

SUCRALFATE (CARAFATE)

Best if taken at least one hour before meals or at bedtime. Limit caffeine. Avoid alcohol. Avoid taking antacids within 30 minutes of this medication.

TACROLIMUS (PROGRAF)

Avoid grapefruit and grapefruit juice. Include high magnesium foods in the diet. (see page 5)

WARFARIN (COUMADIN)

Your intake of foods high in vitamin K should remain the same from day to day. Avoid alcohol. (see page 4)

FOODS HIGH IN CALCIUM

- Baked beans
- Bok choy
- Broccoli
- Cheese**
- Cottage cheese
- Custard**
- Fruit juices** (fortified with calcium)
- Ice cream
- Kale
- Milk**
- Mustard greens
- Pancakes
- Pudding**
- Salmon (canned with bones)
- Sardines** (canned with bones)
- Spinach
- Tofu
- Turnip greens
- Waffle (homemade)
- Yogurt**

**Most notable sources

LOW TYRAMINE DIET

The amount of tyramine increases as foods age and spoil. Eat foods as fresh as possible. Keep foods fresh by properly storing them and observing expiration dates. Prepared foods should not be stored longer than 48 hours. Cooking DOES NOT destroy tyramine content.

FOODS TO AVOID

- Aged cheese* (e.g., Cheddar, Swiss, Bleu, Gouda, Parmesan, Feta)
- Aged meats (curing process for steaks)
- Air-dried meats (e.g., Salami)
- Brewer's yeast supplement
- Broad beans, fava beans
- Concentrated yeast extract spreads (e.g., Marmite, Vegemite)
- Fermented products (e.g., Fish Sauce, Tofu, Miso)
- Sauerkraut, Kimchi
- Soy sauce, teriyaki sauce
- Tap and imported beers

* May use cream cheese, cottage, ricotta, processed American and mozzarella cheese

FOODS TO USE WITH CAUTION

LIMIT TO ONE TO TWO SERVINGS PER DAY

- Peanuts (1/4 cup)
- Wine (4 oz.)
- Domestic bottled/canned beer, alcoholic or nonalcoholic (12 oz.)
- Caffeine (1 cup coffee)
- Chocolate (1 oz.)
- Pickled herring (3 oz.)

FOODS HIGH IN VITAMIN K

VERY HIGH SOURCES (200-550MCG/SERVING)

Beet greens	½ cup cooked
Collard greens	½ cup cooked
Kale	½ cup cooked
Mustard greens	½ cup cooked
Spinach	½ cup cooked
Swiss chard	½ cup cooked
Turnip greens	½ cup cooked

MODERATELY HIGH SOURCES (<150MCG/SERVING)

Broccoli	½ cup cooked
Brussels sprouts	½ cup cooked
Cabbage	½ cup cooked
Lettuce (green leaf)	1 cup raw
Okra	1 cup cooked
Parsley	1 tbsp.

FOODS HIGH IN POTASSIUM

- Apricots
- Artichokes
- Asparagus
- Avocados
- Bananas
- Brussels sprouts
- Cantaloupe
- Celery
- Chocolate
- Corn
- Dates
- Dried beans
- Dried fruit
- Figs
- Greens
- Honeydew
- Milk
- Orange juice
- Oranges
- Potatoes
- Prune juice
- Prunes
- Pumpkin
- Raisins
- Rhubarb
- Spinach
- Squash
- Tomato juice
- Tomatoes
- V8 juice

FOODS HIGH IN MAGNESIUM

- Almonds
- Artichokes
- Baked potato
- Beets
- Blackberries
- Bran cereals
- Cashews
- Chocolate
- Collard greens
- Crab
- Dried beans
- Dried fruits
- Fish
- Green peas
- Kiwi
- Lobster
- Mandarin oranges
- Milk
- Okra
- Oysters
- Peanut butter
- Peanuts
- Persimmon
- Plantain
- Raspberries
- Rye crackers
- Shredded wheat
- Shrimp
- Spinach
- Strawberries
- Summer squash
- Tofu
- Tuna
- Watermelon
- Yogurt

FOODS HIGH IN SODIUM

- Bacon
- Bouillon
- Cheese:
 - American
 - Bleu ✓
 - Cottage
 - Feta
 - Parmesan
 - Processed
 - Roquefort ✓
- Corned Beef
- Dried meat or fish
- Fish or meat
canned with salt
- Frankfurters
- Frozen dinners
- Ham
- Instant hot cereal
- Luncheon meats
- Olives and pickles
- Packaged or canned soups
- Pickled vegetables
- Pretzels
- Salt, salt substitute
mixtures
- Salted crackers and chips
- Salted popcorn
- Salted meat tenderizers
- Salted spices
(garlic salt, onion salt,
seasoned salt)
- Sauerkraut
- Sausages
- Soy sauce
- Teriyaki sauce
- Vegetable juice (canned)
- Vegetables with
seasoned sauces

A check mark (✓) indicates that these items may pose a high risk for developing food-borne illness in certain individuals, including pregnant women and their fetuses, young children, older adults, people with weakened immune systems and individuals with certain chronic illnesses.

This pamphlet has been prepared for you by Clinical Nutrition Services and Pharmacy Services. It contains information about some common interactions that may occur between food and drugs that you take. It does not attempt to discuss all possible food-drug interactions, nor does it list possible drug-drug interactions. If you have questions regarding information in this pamphlet, contact your doctor, pharmacist, dietitian or nurse at the hospital.



1500 E. Duarte Road, Duarte, CA 91010
800-826-HOPE (4673)

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