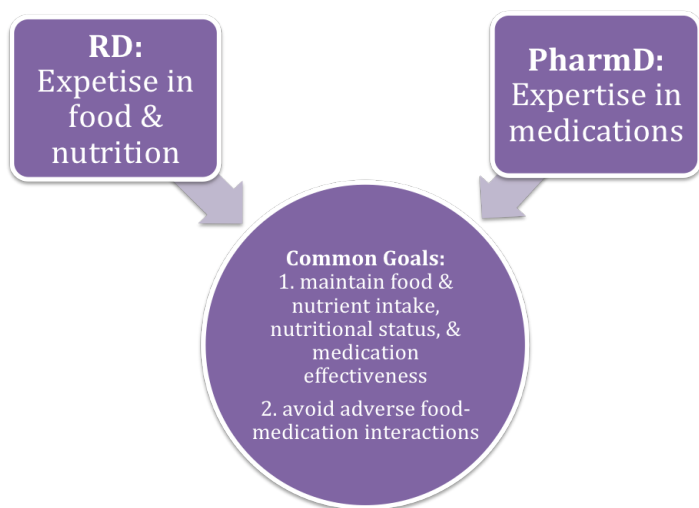
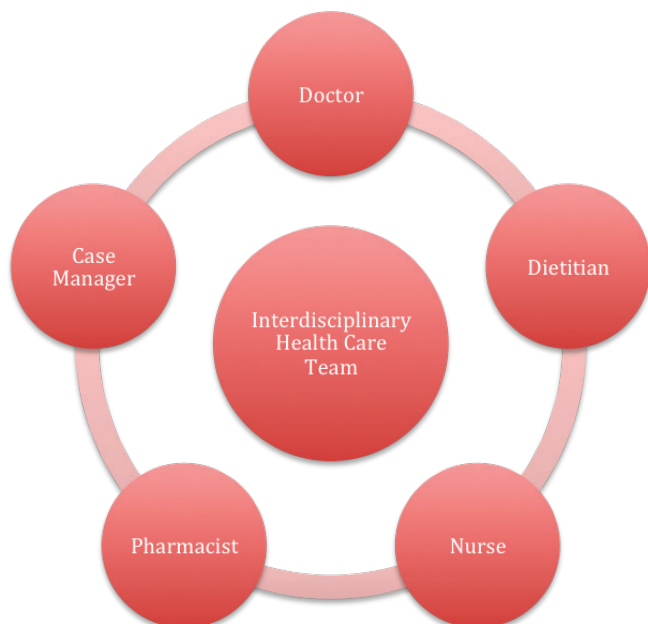


# DIETITIANS & PHARMACISTS

## A key partnership in medical nutrition therapy

### Overview

The registered dietitian (RD) and pharmacist (PharmD) both serve as important members on a Interdisciplinary Health Care Team. They share goals of maintaining food and nutrient intake, nutritional status, and medication effectiveness while avoiding adverse food-medication interactions.



### Protecting the patient from food-medication interactions

The body shares the same pathways for food and medicine, meaning they sometimes compete for carriers, enzymes, substrates, and energy. For example, grapefruit juice contains powerful natural compounds that interfere with enzymes in the liver that are responsible for metabolizing about 50 percent of drugs currently prescribed.

### Several Food-Drug Interactions\*

SOURCE: *Today's Dietitian*

Drug	Food	Drug Effect
Some statins (eg, Lipitor, Zocor, Mevacor, Advicor)	Grapefruit, pomegranate, and cranberry juices	Increase
Antidepressants (MAO inhibitors)	Chocolate and other foods containing tyramine	Increase
Allergy medications (eg, Allegra)	Black pepper	Increase
Cancer drugs (eg, tamoxifen)	Beer	Increase
Anticlotting agents (eg, Plavix)	Fatty Fish	Increase
Beta-blockers (hypertension medications)	Meat	Increase
Blood thinners (eg, Coumadin)	Leafy greens	Decrease
Antibiotics (eg, Cipro, tetracycline)	Milk and calcium-fortified juices	Decrease
Beta-blockers (hypertension medications)	Natural licorice	Decrease

— Author compiled table using multiple sources

\*This listing of interactions is not exhaustive.

### References

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