

drug & nutrient interactions

Rheumatoid Arthritis

Corticosteroids	
Food & Nutrient Interaction	Recommendation
Reduces the absorption of calcium	Increase food sources of calcium which include: low-fat dairy, fortified soy beverages, kale, spinach, fortified orange juice, tofu, and salmon.
Reduces the absorption of vitamin D	Increase food sources of vitamin D which include: fortified dairy, fortified milk alternatives, salmon, and egg yolks.
Reduces the absorption of potassium	Increase food sources of potassium which include: beans, low-fat dairy, winter squash, sweet potato with skin, baked potato with skin, broccoli, cantaloupe, and banana.
Increases appetite	Talk with a registered dietitian about strategies to keep your weight in check.
Increases blood sugar	Talk with a registered dietitian about strategies to maintain healthy blood sugar levels. If you have diabetes, talk to your doctor about the right dosage of your diabetes medication.
Reduces the need for sodium	Too much salt may increase water retention, and raise blood pressure. Look for lower sodium food sources.
Increases need for protein	Choose lean protein sources at each meal such as beans, eggs, fish, poultry, nuts and nut butters, or soy. Limit intake of red and processed meat.

Hydroxychloroquine	
Food & Nutrient Interaction	Recommendation
May decrease appetite	Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.

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Methotrexate	
Food & Nutrient Interaction	Recommendation
Blocks the absorption of folic acid	<p>Avoid folic acid supplementation or food sources on the day you take methotrexate.</p> <p>Increase food sources of folic acid on days you do not take this medication.</p> <p>Food sources include: fortified grains and cereals, dark leafy green vegetables, asparagus, broccoli, avocado, legumes, egg yolk, and banana.</p>
May decrease appetite	<p>Talk with a registered dietitian about strategies to keep your weight in check.</p>
May cause dehydration	<p>Aim to make water the primary drink choice.</p> <p>It's recommended to consume half your body weight in ounces.</p> <p>For more specific recommendations talk with a registered dietitian to determine your hydration needs.</p>

NSAIDS (ibuprofen)	
Food & Nutrient Interaction	Recommendation
May decrease appetite	<p>Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.</p>
May interact with natural remedies	<p>Discuss with your health care provider or registered dietitian if you take garlic, ginkgo, ginseng, or ginger supplements.</p>
May cause stomach discomfort	<p>Limit caffeine intake. Consume with food.</p>

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Tocilizumab	
Food & Nutrient Interaction	Recommendation
May cause stomatitis; a swollen and painful mouth	Limit or avoid eating hard and crunchy foods, acidic foods, salty foods, spicy, or hot (temperature) foods.
May cause an increase in cholesterol levels	Limit food sources high in saturated and <i>trans fat</i> : pastries, cakes, cookies, red meat, and full-fat dairy such as ice cream.

Sulfasalazine	
Food & Nutrient Interaction	Recommendation
Decreases the absorption of folic acid	Increase food sources of folic acid which include: fortified grains and cereals, dark leafy green vegetables, asparagus, broccoli, avocado, legumes, egg yolk, and banana.
Decreases appetite	Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
May cause stomatitis; a swollen and painful mouth	Limit or avoid eating hard and crunchy foods, acidic foods, salty foods, or hot foods.
May decrease absorption of iron	If taking iron supplements, take these two hours before sulfasalazine. Increase food sources of iron: fortified cereals and grains, dark leafy greens, legumes, spinach, prune juice, shrimp, and tuna. Pair vitamin C foods (tomatoes, peppers, sweet potatoes, citrus fruits, etc.) with iron food sources to increase the absorption of the iron.

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Leflunomide

Food & Nutrient Interaction	Recommendation
May decrease appetite	Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
Increases risk for high blood pressure	Limit intake of high-sodium foods, limit intake of saturated fats, choose minimally processed items. Talk with a registered dietitian for personalized recommendations.

Xeljanz & Xeljanz XR (tofacitinab)

Food & Nutrient Interaction	Recommendation
May increase risk of high cholesterol levels	Limit intake of saturated fat and <i>trans fat</i> . Include a variety of fruits, vegetables, whole grains, and lean proteins. Talk with a registered dietitian for specific recommendations.

Penicillamine

Food & Nutrient Interaction	Recommendation
May cause ulcers in the mouth	Avoid eating crunchy or hard foods, acidic foods, salty foods, and hot foods.
Increases need for vitamin B6	Increase food sources of vitamin B6: starchy vegetables, fortified cereals, and poultry. Discuss with your healthcare provider about possible need for supplementation.
May decrease appetite	Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.

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Cyclosporine	
Food & Nutrient Interaction	Recommendation
May cause painful and swollen gums	Avoid eating crunchy or hard foods, acidic foods, salty foods, and hot foods. Consume soft foods and chew slowly.
May decrease appetite	Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
Consumption of grapefruit, grapefruit juice, or related fruits (tangelos, minnelos, pummelos, and Seville oranges) may cause an interaction with medication.	Talk with your healthcare provider to see if you need to use caution with grapefruit and related citrus fruit.
May interact with red wine	Talk with your healthcare provider about your current intake of red wine.
Interacts with potassium supplements	Discuss with healthcare provider if using a potassium supplement. Discontinue use of salt substitutes.
May cause an increase in triglycerides	Limit foods high in added sugar. Limit low-fiber carbohydrates such as white bread, cereal, noodles, and white rice. Eat a variety of fruits, vegetables, and whole grains. Increase intake of omega-3 fats from salmon, ground flax seeds, and tuna fish. Limit saturated and <i>trans fat</i> found in fried foods, full-fat dairy, and hydrogenated oils.