

# drug & nutrient interactions

## Crohn's disease and ulcerative colitis

Drug	Food & Nutrient Interaction	Recommendation
Humira® (adalimumab)	<ul style="list-style-type: none"> <li>• May cause loss of appetite, feeling full after eating only a small amount, or weight loss</li> </ul>	<ul style="list-style-type: none"> <li>• Talk with a registered dietitian about strategies to keep your weight in-check.</li> </ul>
Simponi®, Simponi Aria® (golimumab)	<ul style="list-style-type: none"> <li>• May cause mouth and/or lip sores</li> </ul>	<ul style="list-style-type: none"> <li>• Limit or avoid eating hard and crunchy foods, acidic foods, salty foods, or spicy foods.</li> </ul>
Remicade®, Inflectra®, Ixifi®, Renflexis® (infliximab)	<ul style="list-style-type: none"> <li>• No known food or nutrient interactions</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
Entyvio® (vedolizumab)	<ul style="list-style-type: none"> <li>• No known food or nutrient interactions</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
Tysabri® (natalizumab)	<ul style="list-style-type: none"> <li>• No known food or nutrient interactions</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
Stelara® (ustekinumab)	<ul style="list-style-type: none"> <li>• No known food or nutrient interactions</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
Apriso®, Pentasa®, Delzicol®, Lialda®, Asacol®HD, Rowasa®, Canasa® (mesalamine)	<ul style="list-style-type: none"> <li>• Decreases appetite</li> </ul>	<ul style="list-style-type: none"> <li>• Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.</li> </ul>
Azulfidine® (sulfasalazine)	<ul style="list-style-type: none"> <li>• Decreases the absorption of folic acid</li> </ul>	<ul style="list-style-type: none"> <li>• Increase food sources of folic acid, which include: fortified grains and cereals, dark green leafy vegetables, asparagus, broccoli, avocado, legumes, egg yolk, and bananas.</li> </ul>
	<ul style="list-style-type: none"> <li>• Decreases appetite</li> </ul>	<ul style="list-style-type: none"> <li>• Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.</li> </ul>
	<ul style="list-style-type: none"> <li>• May cause stomatitis; a swollen and painful mouth</li> </ul>	<ul style="list-style-type: none"> <li>• Limit or avoid eating hard and crunchy foods, acidic foods, salty foods, or spicy foods.</li> </ul>
	<ul style="list-style-type: none"> <li>• May decrease absorption of iron</li> </ul>	<ul style="list-style-type: none"> <li>• If taking iron supplements, take two hours before sulfasalazine.</li> <li>• Increase food sources of iron. See the "Managing Low Iron" handout for information on iron-rich food sources.</li> </ul>

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<b>Corticosteroids</b> (prednisone/prednisolone, betamethasone, methyl-prednisolone)	<ul style="list-style-type: none"> <li>Reduces the absorption of calcium</li> </ul>	<ul style="list-style-type: none"> <li>Increase food sources of calcium, which include: low-fat dairy, fortified milk alternatives, kale, spinach, fortified orange juice, tofu, and salmon.</li> </ul>
	<ul style="list-style-type: none"> <li>Reduces the absorption of vitamin D</li> </ul>	<ul style="list-style-type: none"> <li>A vitamin D supplement may be necessary. Talk to your health care provider about how much is right for you.</li> <li>Increase food sources of vitamin D, which include: fortified dairy, fortified milk alternatives, salmon, and egg yolks.</li> </ul>
	<ul style="list-style-type: none"> <li>Reduces the absorption of potassium</li> </ul>	<ul style="list-style-type: none"> <li>Increase food sources of potassium, which include: beans, low-fat dairy, winter squash, sweet potato with skin, potatoes with skin, broccoli, cantaloupe, and bananas.</li> </ul>
	<ul style="list-style-type: none"> <li>Increases appetite</li> </ul>	<ul style="list-style-type: none"> <li>Talk with a registered dietitian about strategies to keep your weight in check.</li> </ul>
	<ul style="list-style-type: none"> <li>Increases blood sugar</li> </ul>	<ul style="list-style-type: none"> <li>Talk with a registered dietitian about strategies to maintain healthy blood sugar levels.</li> <li>If you have diabetes, talk to your doctor about the right dosage of your diabetes medications.</li> </ul>
	<ul style="list-style-type: none"> <li>Reduces the need for sodium</li> </ul>	<ul style="list-style-type: none"> <li>Too much salt may increase water retention and raise blood pressure. Look for lower sodium food choices.</li> </ul>
	<ul style="list-style-type: none"> <li>Increases the need for protein</li> </ul>	<ul style="list-style-type: none"> <li>Choose lean protein sources, such as beans, eggs, fish, poultry, nuts and nut butters, or soy. Limit intake of red or processed meats.</li> </ul>

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Entocort®EC, Uceris® (budesonide)	<ul style="list-style-type: none"> <li>Increases need for calcium</li> </ul>	<ul style="list-style-type: none"> <li>Increase food sources of calcium, which include: low-fat dairy, fortified milk alternatives, kale, spinach, fortified orange juice, tofu, and salmon.</li> <li>A calcium supplement may be necessary. Talk to your health care provider about how much is right for you.</li> </ul>
	<ul style="list-style-type: none"> <li>Increases need for vitamin D</li> </ul>	<ul style="list-style-type: none"> <li>Increase food sources of vitamin D, which include: fortified dairy, fortified milk alternatives, salmon, and egg yolks.</li> <li>A vitamin D supplement may be necessary. Talk to your health care provider about how much is right for you.</li> </ul>
	<ul style="list-style-type: none"> <li>Consumption of grapefruit, grapefruit juice, or related fruits (tangelos, minnelos, pummelos, and Seville oranges) may interact with medication</li> </ul>	<ul style="list-style-type: none"> <li>Talk with your healthcare provider or pharmacist to see if you need to use caution with grapefruit and related citrus fruits.</li> </ul>
	<ul style="list-style-type: none"> <li>Increases appetite</li> </ul>	<ul style="list-style-type: none"> <li>Talk with a registered dietitian about strategies to keep your weight in check.</li> </ul>
	<ul style="list-style-type: none"> <li>Increases weight</li> </ul>	<ul style="list-style-type: none"> <li>Talk with a registered dietitian about strategies to keep your weight in check.</li> </ul>