

Drug Nutrient Interactions

- ✚ **Vitamin K** rich foods (spinach, broccoli) and **Coumadin** (warfarin), an anticoagulant, can cancel each other out.
- ✚ Foods containing the substance **tyramine** including chocolate, beer, wine, avocados, and some processed meats can interfere with **monoamine oxidase inhibitors**, a type of antidepressants.
- ✚ **Grapefruit** juice can interact with cholesterol-lowering drugs like **Lipitor** (atorvastatin) and **Zocor** causing elevated blood levels of the medication.



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Weekly Challenge:
Recognize the kinds of food you eat around the times you take your medication.
Talk to your doctor to determine if your diet may be interfering with your medication.

GWAAR Nutrition Team in Collaboration with
UW Stout Dietetic Students by Nicki Lehtinen

Soy Foods

Evidence has shown that foods containing soy can improve heart health because they are rich in fatty acids and protein. This is because diets that are based on plant foods are typically associated with a reduced risk of heart disease.

Soy is a great replacement for meat, dairy and eggs. Research also shows that soy protein lowers blood cholesterol and can also improve blood pressure.



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Foods that contain soy:

- + Soybeans
- + Tofu
- + Edamame (green soybeans)
- + Soy milk

Weekly Challenge:

Try and incorporate soy into your diet this week.

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