

Drug Nutrient Interactions

Definition/ cut-off value

Use of prescription or over-the-counter drugs or medications that have been shown to interfere with nutrient intake or utilization, to an extent that nutritional status is compromised.

Participant category and priority level

Category	Priority
Pregnant Women	I
Breastfeeding Women	I
Non-Breastfeeding Women	III, IV, V, or VI
Infants	I
Children	III

Justification

The drug treatment of a disease or medical condition may itself affect nutritional status. Drug induced nutritional deficiencies are usually slow to develop and occur most frequently in long-term drug treatment of chronic disease. Possible nutrition-related side effects of drugs include, but are not limited to, altered taste sensation, gastric irritation, appetite suppression, altered GI motility, and altered nutrient metabolism and function, including enzyme inhibition, vitamin antagonism, and increased urinary loss.

The marketplace of prescribed and over-the-counter drugs is a rapidly changing one. For knowledgeable information on the relationship of an individual's drug use to his/her nutritional status, it is important to refer to a current drug reference such as Physician's Desk Reference (PDR), a text such as Physician's Medication Interactions, drug inserts, or to speak with a pharmacist.

References

1. Allen, M: Food-Medication Interactions; 7th edition; Tempe, Arizona; 1991.
 2. Physician's Desk Reference, 51st edition; Montvale, New Jersey; Medical Economics Company, Inc.; 1997.
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3. Diet and Drug Interactions. Daphne A. Roe, M.D., F.R.C.P.
4. Handbook on Drug and Nutrient Interactions: A Reference and Study Guide.
5. Institute of Medicine: WIC Nutrition Risk Criteria: A Scientific Assessment; 1996; pp. 217-218.
6. Pronsky, ZM: Powers and Moore's Food Medications Interactions; 10th edition; 1997.