

# 357 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; 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

## 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.
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. Pronskey, ZM: Powers and Moore's Food Medications Interactions; 10th edition.