

Table 1

## Food-Drug Interactions

Drug	Food(s)	Interaction
amphetamines	cranberry & other acidifying agents	decreased absorption, increased excretion, decreased drug half-life
	antacids & other alkalinizing agents	increased absorption, decreased excretion, increased drug half-life
benzodiazepines	caffeine	antagonistic effects; limit caffeine intake to <400-500 mg daily
buspirone	any food	food increases drug bioavailability; take consistently with regard to meals
	grapefruit juice pomegranate juice	increased drug level due to CYP3A4 inhibition
carbamazepine	grapefruit juice pomegranate juice	increased drug level due to CYP3A4 inhibition
	alcohol	increased drug level due to reduced metabolism (alcohol-dependent patients only)
	cola drinks	increased drug bioavailability, possibly due to enhanced dissolution of drug
	caffeine	decreased drug bioavailability and level
clozapine	caffeine	increased drug level
diazepam	grapefruit juice	increased drug level due to CYP3A4

	pomegranate juice	inhibition
disulfiram	caffeine	increased caffeine level
	alcohol-containing food products (sauces, vinegars, juice, cider, extracts, soups, baked goods)	disulfiram reaction; avoid all alcohol including topicals for >12 hrs before use
eszopiclone	high-fat meal	increased time to drug effect and decreased drug concentration when taken with or just after a high-fat meal
fluvoxamine	caffeine	increased caffeine level due to CYP1A2 inhibition
lithium	dietary sodium	affects renal clearance of drug; sodium and lithium levels are inversely related
	caffeine	affects renal clearance of drug; caffeine and lithium levels are inversely related
lurasidone	any food	food doubles drug absorption; take with $\geq 350$ calories and a full glass of water
melatonin	caffeine	increased drug levels
memantine	milk/mild products or citrus fruits	reduced drug clearance, increased drug levels
phenelzine	foods with tyramine or other pressor	hypertensive crisis

	amines	
	black licorice	hypertension
	caffeine	hypertension
phenothiazine antipsychotics	tea or coffee	reduced drug absorption due to formation of insoluble precipitates in the GI tract
ramelteon	high-fat meal	slowed drug absorption, decreased concentration when taken with or just after a high-fat meal
sertraline	any food	increased rate and extent of drug absorption, with increased drug levels; take consistently with regard to meals
temazepam	grapefruit juice pomegranate juice	increased drug levels due to CYP3A4 inhibition
trazodone	any food	slowed rate of drug absorption
tricyclic antidepressants	high fiber diet	decreased drug levels due to adsorption by fiber in the GI tract, which prevents drug absorption
	caffeine	increased caffeine level
vilazodone	any food	increased drug absorption; take with food
ziprasidone	any food	drug absorption doubled when taken with a meal containing $\geq 30\%$ fat
	grapefruit juice pomegranate juice	increased drug levels due to CYP3A4 inhibition

zolpidem	any food	slowed drug absorption with delayed onset of effect
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