

drug & nutrient interactions

Psoriatic Disease

Drug	Food & Nutrient Interaction	Recommendation
Acitretin	<ul style="list-style-type: none"> • May interact with alcohol. 	<ul style="list-style-type: none"> • Avoid consuming alcohol during therapy and for 2 months after drug discontinuation.
Adalimumab (Humira)	<ul style="list-style-type: none"> • May cause loss of appetite, feeling full after eating only a small amount, or weight loss. 	<ul style="list-style-type: none"> • Talk with a registered dietitian about strategies to keep your weight in-check.
Cyclosporine	<ul style="list-style-type: none"> • May cause painful and swollen gums. 	<ul style="list-style-type: none"> • Avoid eating crunchy or hard foods, acidic foods, salty foods, and hot foods. • Consume soft foods and chew slowly.
	<ul style="list-style-type: none"> • May decrease appetite. 	<ul style="list-style-type: none"> • Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	<ul style="list-style-type: none"> • Consumption of grapefruit, grapefruit juice, or related fruits (tangelos, minnelos, pummelos, and Seville oranges) may interact with medication. 	<ul style="list-style-type: none"> • Talk with your healthcare provider or pharmacist to see if you need to use caution with grapefruit and related citrus fruit.
	<ul style="list-style-type: none"> • May interact with red wine. 	<ul style="list-style-type: none"> • Talk with your healthcare provider about your current intake of red wine.
	<ul style="list-style-type: none"> • Interacts with potassium supplements. 	<ul style="list-style-type: none"> • Discuss with your healthcare provider if using a potassium supplement. • Discontinue use of salt substitutes.
	<ul style="list-style-type: none"> • May cause an increase in triglycerides. 	<ul style="list-style-type: none"> • Limit foods high in added sugar. • Limit low-fiber carbohydrates, such as white bread, cereal, noodles, and white rice. • Eat a variety of fruits, vegetables, & whole grains. • Increase intake of omega-3 fats from salmon, ground fl x seeds, and tuna fis . • Limit saturated and trans fat found in fried foods, full-fat dairy, and hydrogenated oils.
Methotrexate	<ul style="list-style-type: none"> • Blocks the absorption of folic acid. 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to create a plan for folate supplementation.
	<ul style="list-style-type: none"> • May decrease appetite. 	<ul style="list-style-type: none"> • Talk with a registered dietitian about strategies to keep your weight in check.
	<ul style="list-style-type: none"> • May cause dehydration. 	<ul style="list-style-type: none"> • Aim to make water the primary drink choice. It's recommended to consume half your body weight in ounces. For more specific ecommendations talk with a registered dietitian to determine your hydration needs.