

drug & nutrient interactions

Crohn's disease and ulcerative colitis

Drug	Food & Nutrient Interaction	Recommendation
Humira® (adalimumab)	<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.
Simponi®, Simponi Aria® (golimumab)	<ul style="list-style-type: none"> May cause mouth and/or lip sores 	<ul style="list-style-type: none"> Limit or avoid eating hard and crunchy foods, acidic foods, salty foods, or spicy foods.
Remicade®, Inflectra®, Ixifi® Renflexis® (infliximab)	<ul style="list-style-type: none"> No known food or nutrient interactions 	<ul style="list-style-type: none"> N/A
Entyvio® (vedolizumab)	<ul style="list-style-type: none"> No known food or nutrient interactions 	<ul style="list-style-type: none"> N/A
Tysabri® (natalizumab)	<ul style="list-style-type: none"> No known food or nutrient interactions 	<ul style="list-style-type: none"> N/A
Stelara® (ustekinumab)	<ul style="list-style-type: none"> No known food or nutrient interactions 	<ul style="list-style-type: none"> N/A
Apriso®, Pentasa®, Delzicol®, Lialda®, Asacol®HD, Rowasa®, Canasa® (mesalamine)	<ul style="list-style-type: none"> Decreases appetite 	<ul style="list-style-type: none"> Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
Azulfidine® (sulfasalazine)	<ul style="list-style-type: none"> Decreases the absorption of folic acid 	<ul style="list-style-type: none"> Increase food sources of folic acid, which include: fortified grains and cereals, dark green leafy vegetables, asparagus, broccoli, avocado, legumes, egg yolk, and bananas.
	<ul style="list-style-type: none"> Decreases 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"> May cause stomatitis; a swollen and painful mouth 	<ul style="list-style-type: none"> Limit or avoid eating hard and crunchy foods, acidic foods, salty foods, or spicy foods.
	<ul style="list-style-type: none"> May decrease absorption of iron 	<ul style="list-style-type: none"> If taking iron supplements, take two hours before sulfasalazine. Increase food sources of iron. See the "Managing Low Iron" handout for information on iron-rich food sources.

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Corticosteroids (prednisone/prednisolone, betamethasone, methyl-prednisolone)	<ul style="list-style-type: none"> Reduces the absorption of calcium 	<ul style="list-style-type: none"> Increase food sources of calcium, which include: low-fat dairy, fortified milk alternatives, kale, spinach, fortified orange juice, tofu, and salmon.
	<ul style="list-style-type: none"> Reduces the absorption of vitamin D 	<ul style="list-style-type: none"> A vitamin D supplement may be necessary. Talk to your health care provider about how much is right for you. Increase food sources of vitamin D, which include: fortified dairy, fortified milk alternatives, salmon, and egg yolks.
	<ul style="list-style-type: none"> Reduces the absorption of potassium 	<ul style="list-style-type: none"> Increase food sources of potassium, which include: beans, low-fat dairy, winter squash, sweet potato with skin, potatoes with skin, broccoli, cantaloupe, and bananas.
	<ul style="list-style-type: none"> Increases 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"> Increases blood sugar 	<ul style="list-style-type: none"> Talk with a registered dietitian about strategies to maintain healthy blood sugar levels. If you have diabetes, talk to your doctor about the right dosage of your diabetes medications.
	<ul style="list-style-type: none"> Reduces the need for sodium 	<ul style="list-style-type: none"> Too much salt may increase water retention and raise blood pressure. Look for lower sodium food choices.
	<ul style="list-style-type: none"> Increases the need for protein 	<ul style="list-style-type: none"> Choose lean protein sources, such as beans, eggs, fish, poultry, nuts and nut butters, or soy. Limit intake of red or processed meats.

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Entocort®EC, Uceris® (budesonide)	<ul style="list-style-type: none"> Increases need for calcium 	<ul style="list-style-type: none"> Increase food sources of calcium, which include: low-fat dairy, fortified milk alternatives, kale, spinach, fortified orange juice, tofu, and salmon. A calcium supplement may be necessary. Talk to your health care provider about how much is right for you.
	<ul style="list-style-type: none"> Increases need for vitamin D 	<ul style="list-style-type: none"> Increase food sources of vitamin D, which include: fortified dairy, fortified milk alternatives, salmon, and egg yolks. A vitamin D supplement may be necessary. Talk to your health care provider about how much is right for you.
	<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 fruits.
	<ul style="list-style-type: none"> Increases 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"> Increases weight 	<ul style="list-style-type: none"> Talk with a registered dietitian about strategies to keep your weight in check.