



## Are Your Medications Depleting You?

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Did you know that almost 70 percent of Americans take at least one prescription medication? More than half take at least two, according to a new study by researchers at the Mayo Clinic. And, according to the CDC, the average American is on six different medications by the age of 65. Many of these medications are not only lifesaving, but they can help improve symptoms, ease pain and have many other positive benefits. However, they are not without side effects that may have a profound effect on our health, and more specifically, our nutrition status.

Many of us may gloss over the list of side effects from over the counter or prescription medications and may not realize that the side effects may cause depletion or even a deficiency of necessary nutrients. Poor diet alone can lead to nutrient deficiencies, add to that multiple medications and the results can be devastating. It might surface as a weakened immune system, anemia, fatigue, depression, osteoporosis, skin issues, even GI issues like gas and bloating.

On the following page is a list of commonly used medications grouped by use, the nutrients that are depleted and where you can find those nutrients in food. *I have made some generalities for simplicity; each specific medication can have a different impact. **Know your medications!***

Medications are a necessary component of many of our lives. However there are sometimes drawbacks. Here are some tips to follow to help ensure optimal health:

1. Always read the package insert that comes with your medications (prescription or over the counter) to understand any side effects.
2. Always follow your provider's instructions on when to take medications.
3. Eat a nutrient dense diet.
4. Ask your Registered Dietitian/Nutritionist or Provider before starting supplements. All supplements are not created equal. You want to make sure you are taking a good quality supplement with the appropriate form and dose of certain nutrients.

If you have questions about your specific medications and the impact they may be having on your nutritional status ask your provider or a Registered Dietitian.

Drug Class	Nutrient Depleted	A Few Food Sources
<b>Anti-inflammatories</b> Ex. Advil, Motrin, Aleve, Aspirin	Folate	Dark leafy greens, lentils, asparagus
	Vitamin C	Bell peppers, broccoli, strawberries
	Calcium	Dairy, sardines, collard greens, spinach
	Iron	Beef, chicken, oysters, lentils
	Vitamin B5 (Pantothenic Acid)	Avocado, sweet potato, lentils
	Zinc	Oysters, beef, crab, turkey, pumpkin seeds
<b>High Blood Pressure Medications</b> Ex. Lasix, HCTZ, Lisinopril, Metoprolol  *some high blood pressure meds are potassium sparing	Calcium	Dairy, sardines, collard greens, spinach
	Magnesium	Brown rice, spinach, almonds, Swiss chard
	Vitamin B1 (Thiamin)	Pork, green peas, sunflower seeds, beans
	Vitamin B6 (Pyridoxine)	Turkey, avocado, salmon, spinach
	Vitamin C	Bell peppers, broccoli, strawberries
	Zinc	Oysters, beef, crab, turkey, pumpkin seeds
	Coenzyme Q 10	Beef, fish, chicken, sesame seeds, peanuts
	Potassium	Potato, dark leafy greens, beans, prunes
	Folate	Dark leafy greens, lentils, asparagus
<b>Cholesterol Lowering Drugs</b> Ex. Lipitor	Coenzyme Q 10	Beef, fish, chicken, sesame seeds, peanuts
<b>Diabetic Drugs</b> Ex. Metformin, Sulfonylureas	Vitamin B12	Sardines, salmon, clams, beef, turkey
	Folate	Dark leafy greens, lentils, asparagus
	Coenzyme Q 10	Beef, fish, chicken, sesame seeds, peanuts
<b>Antacids</b> Ex. Pepcid, Zantac, Tums	Vitamin B12	Sardines, salmon, clams, beef, turkey
	Folate	Dark leafy greens, lentils, asparagus
	Vitamin D	Sardines, salmon, mackerel, Sunshine!
	Calcium	Dairy, sardines, collard greens, spinach
	Iron	Beef, chicken, oysters, lentils
	Zinc	Oysters, beef, crab, turkey, pumpkin seeds
	Vitamin C	Bell peppers, broccoli, strawberries
<b>Female Hormones</b> Ex. Oral Contraceptives, Estrogen replacement	ALL B Vitamins	Dark leafy greens, turkey, sardines, etc.
	Folate	Dark leafy greens, lentils, asparagus
	Magnesium	Brown rice, spinach, almonds, Swiss chard
	Selenium	Brazil nuts, sardines, salmon, scallops
	Zinc	Oysters, beef, crab, turkey, pumpkin seeds