

Top 10 Dangerous Food-Medication Interactions

MediFoodCheck quick reference guide

1. Warfarin + large vitamin K swings
Consistency matters when leafy greens or green smoothies suddenly change.
2. Statins + grapefruit
Grapefruit can change how certain cholesterol medications are processed.
3. MAOI-related routines + tyramine-rich foods
Aged, cured, and fermented foods deserve extra attention.
4. Metformin or insulin routines + heavy sugar loads
Large carb-heavy meals and sweet sauces can change how the next few hours feel.
5. Blood pressure routines + hidden sodium
Soups, packaged foods, and takeout sauces can add more salt than expected.
6. Potassium-sensitive routines + electrolyte products
Sports drinks, powders, and hydration mixes often get overlooked.
7. Alcohol + medications that already affect alertness
Drinks, sauces, and desserts can create overlap that is easy to miss.
8. Levothyroxine + meal timing conflicts
Fortified breakfasts, high-fiber meals, and supplement overlap can matter.
9. Antibiotics + fortified drinks or supplements
Timing and overlap with minerals or fortified products can become relevant.
10. High-fat restaurant meals + sensitive routines
Large portions, fried foods, and creamy sauces can matter more than expected.

Use this guide for safety awareness only.

MediFoodCheck highlights likely concerns and safer next steps, but does not replace medical advice from a clinician or pharmacist.