



# Don't Eat This If You're Taking That: The Hidden Risks of Mixing Food and Medicine

*Ph.D. Madelyn Fernstrom CNS, Ph.D. John Fernstrom*

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**NBC Today Show nutrition and health guru Madelyn Fernstrom presents the ultimate guide to food and medicine interaction.**

While no one wants to take medication to treat diabetes, high blood pressure, heart disease, or other ailments, for millions of people, this is a daily reality. Seven out of ten Americans take prescription drugs. But when it comes to food and medicine interactions, what you don't know can harm your health.

*Don't Eat This If You're Taking That* takes the mystery out of food and medications, providing an easy-to-use guide for anyone taking a medication—short term or long term—that indicates foods to avoid that can interfere with the action of the medication. Readers can easily find a medication, see what foods to avoid, and make some smart swaps. Small diet changes learned from this book can have big health payoffs!

An added bonus in each chapter is a Dietary Supplements Alert box, providing the most up-to-date information on interactions with vitamins, minerals, and other dietary supplements. We all believe a diet rich in colorful fruits and vegetables, lean proteins, whole grains, and low-fat dairy products is the path to healthy eating, right? Not always. Consumers can easily personalize their healthiest eating plan to work with not against their medications.

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