



You've probably heard the saying "You are what you eat." If that's true, then eating a healthy diet could mean a healthier you. What you eat can also affect how your medicine works—eating healthy may help your medicine help you!

Balancing act

A balance between proteins, whole grain, dairy, fruits, vegetables and healthy oils is good for your overall health.

Fiber, fiber, fiber!

Fiber aids in digestion, an important part of keeping your medicine working. Whole grains, fruits, vegetables, nuts and seeds can all be high in fiber.

Medicine and food

Here are some general guidelines to follow—ask your healthcare provider (HCP) or pharmacist to find out if there is anything you should know about food and *your* medicines:



- You should not crush medicine and mix it with food or hot liquids, unless instructed by your HCP to do so.
- Ask your (HCP) or pharmacist if it is safe to take vitamins at the same time as your medicine.
- Never take pills with alcoholic drinks.
- Take medicine with a full glass of water, unless your HCP tells you otherwise.
- Citrus fruits can cause dangerous reactions with some medicines—be sure to talk to your HCP or pharmacist about whether you should avoid this or any other food or drinks when taking your medicine.