

Food and Migraines

The following foods have been linked with migraine headaches. To help prevent your migraines, we suggest avoiding all of these foods for the next month. Even if you are on medicine for migraines, you should strictly follow this program. This may help your medicine work better. Avoid these foods until your symptoms are adequately controlled. You may then add foods one at a time to see how you tolerate them. Remember that it may take up to 24 hours after eating a particular food for a headache to occur. For this reason, we recommend that you keep a diary of your headaches, including what foods you ate in the 24 hours prior to the onset of the headache. This will help you and your doctor to better control your headaches. If you find you must restrict many foods, you may want to have a nutritionist review your diet and recommend substitutions to ensure proper nutrition.

READ FOOD LABELS CAREFULLY.

Foods to avoid:

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| Caffeine | --coffee, tea, sweet tea, and colas
--includes Mountain Dew, SunDrop, Mello Yello, and some bottled water
--includes caffeine-containing medicines such as Excedrin and Anacin |
| Chocolate | --includes cakes, cookies, and hot chocolate |
| Cheese/Dairy | --includes pizza, sour cream, yogurt, ice cream and macaroni with cheese |
| Nuts | --includes peanut butter |
| Processed Meats | --hot dogs, sausage, bacon, salami, bologna, ham, corned beef, and pepperoni
--aged game, liver, salted dried fish, and pickled herring |
| Alcohol | --red wine, champagne, beer, ale, vermouth, and sherry |
| Monosodium Glutamate | --Chinese food, Accent seasoning, prepared foods, canned soups, frozen dinners, and potato chips |

- Seasonings** --soy sauce, garlic powder, onion powder, and meat tenderizers
- Fruit and Juice** --orange, grapefruit, lemon, lime, and pineapple juices
--bananas, raisins, red plums, canned figs, avocados, raspberries, and pineapple
- Vegetables** --broad, butter, fava, lentil, soy and navy beans
--pea pods, sauerkraut, pickles, and onions
--includes vegetables prepared with cheese
- Bread** --homemade, yeast, and sourdough breads
--includes bread and crackers containing cheese
- Decongestants** --Actifed, Sudafed, Dimetapp, Sine-Aid, Dristan
--plain antihistamines are o.k.

Other triggers for migraines include the following:

- hunger / skipping meals
- cigarette smoke
- strobe / bright lights
- sudden changes in weather, especially rain
- birth control pills and menstruation
- chewing gum: tires facial muscles
- high heels: causes back muscles to tense

For more information about migraines and their treatment, please ask your doctor, call the Migraine Information Center at 1-800-439-0389

