



# Headache Wellness Center

## MIGRAINE DIET

Purpose: To identify which, if any, foods act as triggers for migraine headaches.

1. Foods which may cause migraine headaches are completely eliminated for 4 weeks. These foods contain caffeine, nitrites, nitrates, MSG (Monosodium glutamate), tyramine or phenylethylamine.
2. After the 4th week add in only one food per week. Begin by eating a large amount of that food, then reduce to normal amounts for the rest of the week. If a headache occurs within 24 hours, you have identified a trigger. Eliminate the food from your diet. If no headache occurs, eat the food as always in moderation. The following week, start with another item.
3. Eat all perishable, refrigerated meats within 48 hours because the tyramine content of meats increases with storage.
4. Read labels carefully. MSG is also contained under other labels, the most common being "flavorings" and "natural flavorings." Avoid sauces, seasonings or toppings that may include MSG. Limit commercial salad dressings.

### FOOD GROUP

Meat and meat substitutes

### FOODS ALLOWED

Beef, chicken, turkey, fowl, fish, lamb and water packed canned tuna  
Use deli meats in 48 hours

### FOODS TO AVOID

Liver, pepperoni, beef stick, salami, sausage, meat tenderized or marinated over 24 hours. Canned meat or fish, hot dogs, bologna, bacon, ham, aged beef, meats prepared with soy sauce, pork

Dairy Products

Skim or low fat milk, cream cheese, cottage cheese, processed cheese: sliced and Velveeta. Limit yogurt to 1/2 cup

Aged or hard cheeses, blue cheese, mozzarella, "imitation" cheese, sour cream, buttermilk

Vegetables

Any vegetables not mentioned to right

Onions, egg plant, broad bean pods, pinto beans and most peas, sauerkraut

Fruit

All others not mentioned to right. Limit citrus fruit or banana to 1/2 per day.

Avocado, raspberries, figs, raisins, fresh pineapple and red plums

Desserts

All others not mentioned to right. The term flavorings in baked goods generally does not refer to MSG.

Desserts made with chocolate, peanuts, peanut butter, raspberries, bananas or figs

Beverages

Caffeine FREE beverages, juices, white wine. Splenda or Sweeta as sweeteners

Caffeine or chocolate, red wines, beer, ale. Do not use aspartame as sweetener.

Bread, cereals and starchy vegetables

Commercial breads, cereals not containing dried fruit, raisins or nuts; potato, rice, pasta, most plain crackers

Sourdough bread, fresh yeast breads or coffee cake, (but yeast deactivates with refrigeration), breads and crackers containing cheese, chocolate or toppings containing MSG or flavorings