

Migraine Recommendations

Dietary migraine triggers and relatively safe alternatives for food sensitive migraines

Foods to Limit or Avoid

Dairy: aged or processed cheese, whole milk ice cream

Bread: sourdough, wheat cereal

Meats: canned processed meats, hot dogs, salami, fried foods

Vegetables: broad beans, limas, tomatoes, peas, olives, extracts

Soups: canned soup, soup with MSG

Fruit: citrus, figs, raspberries

Desserts: Chocolate, licorice

Snacks: TV dinners, pizza, peanuts, peanut butter, soya sauce, chips

Beverages: Red wine, beer, sulfites, aspartame, excess caffeine

Safe Alternative Foods

American or cottage cheese, low-fat milk

Rice cereal, potato, pasta

Lamb, chicken, some fish

Broccoli, cabbage, cauliflower

Homemade cream soup, broths

Bananas, apples

Sherbet, cake, cookies, gelatin

Hard candy, jelly, jam, honey

Some juices, decaffeinated cola, decaffeinated coffee, sugar

Additional Recommendations:

1. Patients are encouraged to avoid hypoglycemia by eating every 6 to 8 hours
2. Avoid nicotine
3. Avoid or reduce exogenous estrogen if possible
4. Try to maintain a regular sleep schedule
5. Try to record a diary of migraine spells

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