

## Diet and Headache

Dietary triggers do not necessarily contribute to headaches in all patients, and particular foods may trigger attacks in certain individuals on occasion. Be your own expert by keeping a log of the foods you have eaten before a migraine attack, and see whether the removal of these foods from your diet reduces or eliminates your headaches. Below is a list of foods that may trigger migraine headaches and should be avoided by sufferers.

### AVOID

Ripened cheeses - Cheddar, Emmentaler, Stilton, Brie and Camembert

Permissible cheeses - American, cottage, cream cheese and Velveeta

Herring-pickled or dried

Chocolate

Anything fermented, pickled or marinated

Sour cream-no more than 1/2 cup daily

Nuts, peanut butter

Sourdough bread, breads and crackers containing cheese or chocolate

Broad beans, lima beans, fava beans, snow peas

Foods containing monosodium glutamate (MSG) - soy sauce, meat tenderizers, seasoned salt

Figs, raisins, papayas, avocados, red plums-no more than 1/2 cup daily

Citrus fruits-no more than 1/2 cup daily

Bananas-no more than 1/2 banana daily

Pizza

Excessive amount of caffeine, tea, coffee or cola beverages-no more than 2 cups daily

Sausage, bologna, pepperoni, salami, summer sausage, hot dogs

Chicken livers, paté

Alcoholic beverages - If you do drink, limit yourself to two normal (4 ounce) size drinks selected from Haute Sauterne, Riesling, Seagram's VO, Cutty Sark

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