

Migraine Diet

Migraine patients know that foods can certainly trigger migraines. Below is a collection of foods to avoid, and others that are OK, to help reduce your migraine symptoms.

	AVOID	USUALLY OK
BEVERAGES	Chocolate, cocoa, red wine, port, sherry, scotch, bourbon, gin, nutrasweet	<2 cups coffee/day, fruit juice, club soda, non-cola sodas,
MEATS	Aged or cured meats, dried fish, bologna, meat tenderizer, soy sauce, brewer's yeast, food containing nitrites or tyramine (hot dogs)	Fresh or frozen meats and poultry. Limit eggs to 3/week. Canned tuna
DAIRY	Buttermilk, sour cream, : bleu, cheddar, mozzarella, cheese spread, provolone, gruyere, muenster, feta, parmesan, emmenthal, brie, brick, camembert, cheddar, gouda, romano, stilton	2% or skim milk, 1/2 cup/day of yogurt, Cheeses: American, cottage, farmer, ricotta, cream, Canadian, processed
BREADS & GRAINS	Fresh homemade yeast bread, bread containing cheese, doughnuts, sourdough	Commercial bread, English muffins, melba toast, bagels, cereals
VEGGIES	Beans: pole, lima, Italian, fava, navy, pinto, garbonzo, snow peas, pea pods, sauerkraut, onions, olives, pickles, pea	Others not listed to left.
FRUIT	Avocados, figs, raisins, papaya, passion fruit, red plums	Any others. Limit citrus and banana
SOUPS	Canned soup, bouillon, soup base with yeast or MSG	Homemade or fresh soups
DESSERTS	Chocolate	Others, including Splenda and Sweet n' Low