

Dietary Migraine Triggers and Relatively Safe Alternatives

<u>Foods to Limit or Avoid:</u>	<u>Safe Alternatives:</u>
<p style="text-align: center;">Dairy</p> <p>-Aged or processed cheese, whole milk, ice cream</p>	<p>-American cheese, cottage cheese</p>
<p style="text-align: center;">Bread</p> <p>-Sourdough, wheat cereal</p>	<p>-Rice, cereal, potatoes, pasta</p>
<p style="text-align: center;">Meat</p> <p>-Canned or processed meats, hot dogs, salami, fried foods</p>	<p>-Lamb, chicken, some fish</p>
<p style="text-align: center;">Vegetables</p> <p>-Broad beans, limas, tomatoes, peas, lives, extracts</p>	<p>-Broccoli, cabbage, cauliflower</p>
<p style="text-align: center;">Soup</p> <p>-Canned soup, soup with MSG</p>	<p>-Homemade cream soup, broths</p>
<p style="text-align: center;">Fruit</p> <p>-Citrus, figs, raspberries</p>	<p>-Bananas, apples</p>
<p style="text-align: center;">Desserts</p> <p>-Chocolate, licorice</p>	<p>-Sherbet, cake, cookies, gelatin</p>
<p style="text-align: center;">Snacks</p> <p>-TV dinners, pizza, peanuts, peanut butter, soy sauce, chips</p>	<p>-Hard candy, jelly, jam, honey</p>
<p style="text-align: center;">Beverages</p> <p>-Red wine, beer, sulfates, aspartame excess caffeine</p>	<p>-Juices, decaf soda, decaf coffee, sugar</p>

If it is impossible to entirely eliminate the foods that trigger migraines, try to notice a pattern. When you get a migraine, see if there is a certain food you ate before your migraine and try to eliminate that food from your diet.