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MIGRAINE MANAGEMENT

FOODS ASSOCIATED WITH MIGRAINES

Alcohol:

Beer
Champagne
Liqueurs
Red Wine
White Wine
Rum
Vodka

Cheese:

Blue
Brie
Camembert
Cheddar
Stilton
(Cottage cheese, cream cheese, jack
cheese are okay)

Processed Meats (with pork):

Bacon
Bologna
Ham
Hot dogs
Salami
Sausage

Others Foods:

Avocado
Bananas
Beans, Pea pods
Chocolate

Diet Sodas

Excessive coffee or tea
Monosodium glutamate
Nutrasweet
Nuts, Peanut butter
Excessive onions or garlic
Pickled/marinated foods
Pork
Sour cream
Yogurt

Non-Foods:

Artificial food coloring
Vitamins A, D, Niacin
(B & C are okay)

OTHER FACTORS

- Birth control pills
- Fluorescent lights (tinted/polarized lenses help)
- Fumes from paint, gasoline, paint thinner, car exhaust, cleaning fluid, varnish, varathane
- High altitude (rapid changes)
- Hormone pills
- Long car trips (worse with a smoker in the car)
- Perfume
- Smoke (especially menthol cigarettes)
- Sunlight wear tinted lenses, hats

ADVICE:

- Don't skip meals
- Regular Exercise reduces the incidence of migraines
- Noise makes migraines worse

- Don't oversleep
- Smog makes migraines worse
- Emotional stress may aggravate migraine