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