

Managing Migraine Headaches Modifying Your Diet

If you are experiencing migraine headaches, you might benefit from modifying your diet. Migraines can be triggered by foods. Common food-related headache triggers include: chocolate, caffeine, nitrite-preserved meats (processed lunch meat), aged cheese, dried fruits that contain sulfites, broad beans (such as soybeans, peas, lentils, chickpeas and lupins), monosodium glutamate (MSG), and excessive salt. Avoiding these foods might lead to fewer or less painful headaches. Keep a headache diary and track your meals to identify patterns and triggers.

These foods have been known to trigger migraine headaches:

Chocolate	Candy, foods, drinks, syrup
Sugar (in excess)	Candy, cookies, cake, sweets, pop
Ripened Cheeses	Cheddar, brick, mozzarella, Gruyere, Emmentaler, Stilton, Brie, Camembert, Boursalt
Dairy products	Milk, ice cream, cheese
Alcoholic beverages	Beer, red wine, sherry, liquor
Fruits and their juices	Bananas, plantain, avocado, figs, passion fruit, raisins, pineapple, oranges, and other citrus fruits
Vegetables	Onions, broad bean pods (lima, navy, pea), nuts, peanut butter
Fermented, pickled, marinated foods	Herring, sour cream, yogurt, vinegar
Yeast products	Yeast extracts, hot fresh breads, raised coffee cakes, donuts
Meats with nitrites	Bologna, hot dogs, pepperoni, salami, pastrami, bacon, sausage, canned ham, corned beef, smoked fish
Sulfites	Salad bars, shrimp, soft drinks

Monosodium glutamate	Chinese foods, Lawry's Seasoned Salt, instant foods (canned soup, TV dinners), processed meats, roasted nuts, potato chips
Nutrasweet®	Soft drinks, diet foods
Caffeine	Coffee, tea, cola

Stay Hydrated

Drink a lot of water, juice or milk. You will know you are drinking enough when your urine is pale yellow or clear in color. Limit the number of carbonated and/or caffeinated beverages you drink.

Make An Appointment

[651-290-8707](tel:651-290-8707)

Refer a Patient

[651-325-2200](tel:651-325-2200)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).