



## DIET FOR MIGRAINE PATIENTS

1. **NO** tobacco or alcohol (**especially red wine**).
2. **NO CAFFEINE**. At the beginning of a migraine treatment this needs to consist of complex elimination of all caffeine. This includes caffeine containing beverages (**tea, coffee, carbonated sodas, etc**) as well as all caffeine containing medications (**Fioricet, Midrin, Excedrin, Goody Powders, etc**). Of note, many orange flavored sodas as well as root beers contain caffeine and should be avoided.
3. **Complete elimination** of all artificial sweeteners. This includes artificial sweeteners in drinks as well as other foods. The product labeling needs to read to make sure that **ASPARTAME** is not included in the ingredients. This also includes chewing gum.
4. **Increase water intake. This should include 60-80 oz of plain water a day.**
5. **NO chocolate.**
6. **NO cheese**. This should include hard cheeses (rule of thumb for now is that if the cheese can be grated, it should be avoided). At this point, plain cream cheese and plain cottage cheese is okay and an excellent way to **increase** protein intake.
7. **NO** canned or bottled products. Plain canned vegetables and fruit are probably okay. **Read** the ingredients to make sure no flavor enhancers or preservatives (nitrates, sulfates, etc) are in the product. In general, any pre-prepared canned or bottled food needs to be avoided. This **includes** broth, soups, dressings, sauces, etc. **Organic products are okay.**
8. **NO** preserved meats. This **includes** all meats that are made to be packaged and have a long shelf life (deli food). This would include bacon, sausage, ham, lunch or sandwich meat, bologna, hot dogs, etc. Meats from the fresh counter (that need to be eaten quickly) are fine. This **includes** hamburger, steak, fish, chicken, shrimp, lobster, crab legs, etc. There are hot dogs (Coleman's brand) and bacon (Applegate Farms Brand) that do not have preservatives.
9. Watch out for snack foods. As a general rule, if it comes in a bag or a box and is either a salty or sweet snack, avoid it at this point. Check for additives and preservatives. Regular potato chips and pretzels are usually okay.
10. **Avoid nuts.**
11. **Avoid onions.**
12. **Avoid MSG** (monosodium glutamate) flavor enhancer in many foods. (Autolyzed yeast extract and Torula yeast are other names for MSG).
13. ***You need to become a label reader. If not sure, do not eat.***