

BETHESDA NEUROLOGY, LLC

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Migraine Food List

Food Type	<u>ALLOWED</u>	<u>NOT ALLOWED</u>
<u>Beverages</u>	Max 6 oz/day <u>decaff</u> coffee. Non-citric fruit juices, Max 4 oz/day white wine. Herbal tea, club soda, non-cola sodas (ex. 7UP, ginger ale). Splenda, Truvia Max 2 oz/day vodka	Red wine, port, <u>coffee</u> , champagne, <u>Nutrasweet</u> (aspartame) and saccharine <u>Hot tea, iced tea, caffeinated sodas</u>
	<u>White</u> chocolate	<u>Chocolate</u> or cocoa. Carob
<u>Breads and Cereals</u>	Commercial breads: white, whole wheat, rye, French, Italian, English muffins, melba toast, crackers, rye crisp, bagel Dry cereals, Cream of Wheat, oatmeal, cornflakes, puffed rice and wheat, etc	Yeast breads, gluten, crackers with cheese, croutons Fresh yeast coffeecake, doughnuts, sour dough bread Any bread containing chocolate or nuts
<u>Dairy</u>	Cheese: American, cottage, farmers, ricotta, cream cheese Yogurt: 4 ounces/day	Cultured dairy such as buttermilk, sour cream, chocolate milk <u>Cheese:</u> blue, boursoult, brie, camembert, cheddar, swiss, gouda, roquefort, stilton, mozzarella, parmesan, provolone, romano and emmenthaler
<u>Desserts</u>	Sherbets, ice cream cakes and cookies without chocolate or yeast, Jell-O	Chocolate ice cream, pudding, cookies, cakes
<u>Fruits</u>	Any fruit juice such as prune, apple, cherry, apricot, peach, pear and fruit cocktail Limit intake to ½ cup orange, grapefruit, tangerine, pineapple, raspberry, plums, raisins, papaya, passion fruit	<u>Avocados</u>, banana (1/2 a day max) <u>lemon, lime</u> <u>All nuts, peanut butter</u>
<u>Meat, Fish and Poultry</u>	Turkey, chicken, fish, lamb, veal, pork, eggs, tuna	Aged/canned/cured/tenderized/processed meats, canned or aged ham, pickled herring, salted dried fish, chicken liver, aged game, <u>hot dogs</u> , <u>sausage</u> , <u>bologna</u> , <u>salami</u> , <u>pepperoni</u> , beef jerky, liver, any meal prepared with marinade, meat tenderizer, <u>soy sauce</u>

<u>Potato</u>	White potato, sweet potato, rice, macaroni, spaghetti and noodles.	
<u>Soups</u>	Cream soups, homemade broths	<u>Canned soups</u> , bouillon cubes, yeast, MSG (read labels), <u>vinegar</u>
<u>Sweets</u>	Sugar, jelly, jam, honey and hard candy	Chocolate candy and chocolate syrup
<u>Vegetables</u>	Asparagus, string beans, beets, carrots, spinach, pumpkin, tomatoes, squash, corn, zucchini, broccoli, leeks, scallions, shallots, garlic, lettuce	Pole or broad beans, <u>humus</u> , lima beans, Italian beans, lentils, snow peas, fava beans, navy beans, pinto beans, pea pods, sauerkraut, garbonzo beans, <u>onions</u> , <u>olives</u> , <u>pickles</u>
<u>Miscellaneous</u>	Salt in moderation, butter or margarine, cooking oil, whipped cream White vinegar	<u>Pizza</u> , cheese sauces, soy sauce, mono-sodium glutamate (<u>MSG</u>), yeast, yeast extract, brewer's yeast, <u>meat tenderizers</u> , Accent, A1 and seasoning salt Mixed dishes: <u>Macaroni and cheese</u> , beef stroganoff, cheese blintzes, lasagna and <u>frozen TV dinners</u> Many <u>snack items</u> (spice, vinegar, MSG) Any pickled, preserved or marinated food

*Caffeine has no tyramine per se, but aggravates headaches and hypertension.

One of the most important steps in the treatment and management of migraines is to determine your migraine triggers – What causes your migraines? This is something you need to determine, the best way is to keep a detailed diary. Write down what you have done, taken or eaten within 24 hours of the onset of a headache/migraine.

Initially, eliminate all foods that may cause migraines from your diet. Then, introduce one at a time every week and determine whether they cause headaches.

The process may be complicated, very often it is a combination of factors. For example, many women find that certain triggers such as alcohol have no negative affect except just before menstrual period or at ovulation. If you are a premenopausal woman, be sure to make note of your menstrual cycle on your headache diary and avoid estrogen if possible (estrogen BCP, Mirena IUD, Nuvaring, patches, etc). Check to see if headaches occur just before you begin to menstruate or when you ovulate, and note any triggers during these times. If you are postmenopausal, avoid estrogen therapy (ex. Premarin).

As always, if you have any questions regarding your medical care, contact your physician.

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