

# MIGRAINE DIET



**Migraine triggers are diverse and range from specific foods, additives, and certain medications. These triggers can vary among individuals. Here are some common culprits:**

## **Foods and Drinks:**

1. Cocoa

2. Alcohol
3. Dairy products, particularly cheese
4. Citrus fruits
5. Fried and fatty foods
6. Pork
7. Onions and garlic
8. Tea, coffee, and cola drinks
9. Shellfish
10. Food items with MSG (Monosodium Glutamate), such as pre-packaged soups, Chinese food, spices, and certain stock cubes
11. Nuts, bananas, and yeast extract spreads (like Marmite)
12. Artificial sweeteners
13. Aged cheeses like blue cheese, brie, cheddar, feta, gouda, mozzarella, parmesan, and Swiss cheese
14. Cured or processed meats, including bacon, hot dogs, pepperoni, and sausages
15. Fermented, pickled, or marinated foods like pickles, olives, sauerkraut, and kimchi
16. Foods high in tyramine, such as aged cheeses, processed meats, soy products, fava beans, and certain nuts
17. Dried fruits like figs, raisins, apricots, and dates

**Food Additives:**

1. Monosodium glutamate (MSG): A flavour enhancer often found in fast food, canned soups, and processed snacks
2. Nitrates and nitrites: Preservatives found in processed meats
3. Artificial food colourings

**Medications:**

1. Vasodilators, such as nitroglycerin or isosorbide dinitrate, which widen blood vessels
2. Hormonal medications, like oral contraceptives and hormone replacement therapy, can affect oestrogen levels
3. Certain nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen

4. Overuse of pain-relief medications, such as paracetamol or opioids, can lead to rebound headaches

Please remember, these triggers may not apply to everyone as everyone's body responds differently. If you suspect that a certain item is triggering your migraines, consider maintaining a food and symptom diary to identify patterns. Always consult with a healthcare professional for personalised advice.