## Lewis Headache Center

# Diet Changes to Help Headaches

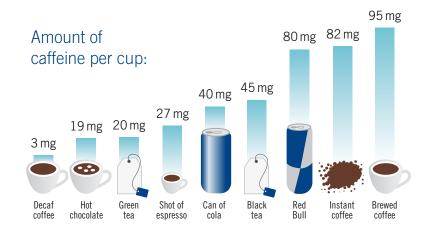


#### **Caffeine**

- Limit your caffeine to 200 mg per day
- Limit medications with caffeine (eg, Excedrin) 2 times per week
- Caffeine can lead to dependence, withdrawal symptoms, and trigger headaches

## **Hydration**

- Dehydration can trigger a headache
- Drink 8 glasses (8 oz) of water each day



## **Healthy Food**

Breakfast	Lunch	Dinner	Snack
Don't skip!	Don't skip!	Don't skip!	Healthy, ex: fruits & veggies
Eat soon after awakening	½ of plate should be fruits and vegetables		Low glycemic
High fiber & protein	Replace white bread/pasta with whole grain options		Between meals
Sodium <2,300mg per day unless told to increase your salt (limit fast food, frozen, and pre-made meals)			

## Avoid fasting!

## **Timeline of a Migraine Attack**

## **PRODROME**

FEW HOURS TO DAYS Irritability

Depression Yawning Increased need to urinate Food cravings Sensitivity to light/sound Problems in concentrating Fatigue and muscle stiffness

> and reading Nausea Difficulty in sleeping

Difficulty in speaking

#### **AURA** 5-60 MIN

Visual disturbances Temporary loss of sight Numbness and tingling on part of the body

#### **HEADACHE**

4-72 HRS

Throbbing Drilling Icepick in the head Burning

> Nausea Vomiting

Giddiness

Insomnia **Nasal Congestion Anxiety** 

Depressed Mood Sensitivity to light, smell, sound Neck pain and stiffness

#### **POSTDROME**

24-48 HRS

Inability to concentrate Fatigue Depressed mood Euphoric mood Lack of comprehension

Continued on back

## **Potential Triggers**

During the prodrome, it is common to crave certain foods.

Some studies suggest that food craving can be mistaken for triggering the headache when it is actually part of your migraine! Chocolate is a common example. Think of your craving as a warning for the headache.

## How do you tell a craving from a trigger?

- 1. Remove the possible trigger from diet for 4-12 weeks
- 2. If fewer migraines by the end, it is likely a trigger
- 3. If migraines stay the same it is likely a craving (fluctuations are allowed!)
- 4. Repeat as needed!

## **Common Triggers:**

- Alcohol including wine
- Yeast and sourdough
- Citrus
- Dairy
- Artificial sweeteners (e.g. aspartame)
- Caffeine (coffee, tea, soda)
- Chocolate

- MSG (salty food, Asian food)
- Nitrite & sulfite (hot dogs, ham, sausage, pepperoni)
- Tyramine (aged cheese, smoked meat, nuts, sauerkraut, soy sauce, snow peas)
- Red food coloring
- Gluten (bread, etc.)

## There is no proven migraine diet.

Many patients feel they benefit from certain diets like ketogenic, gluten free, Paleo, Whole30® and others. If you have questions or want to meet with our Barrow dietitian, let us know!