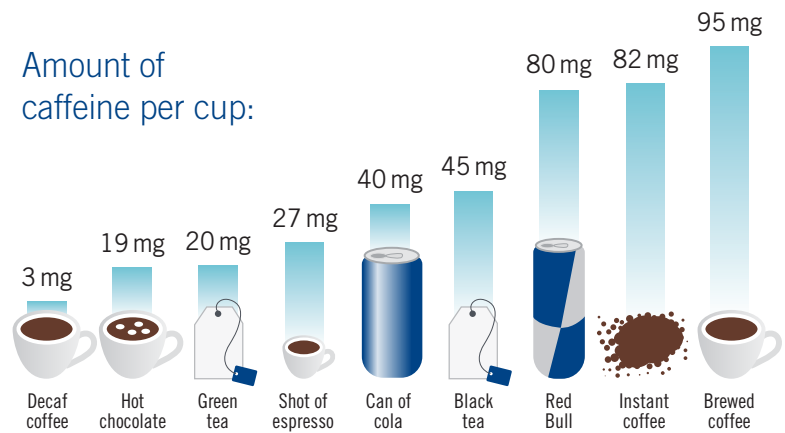


Caffeine

- 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

Amount of caffeine per cup:



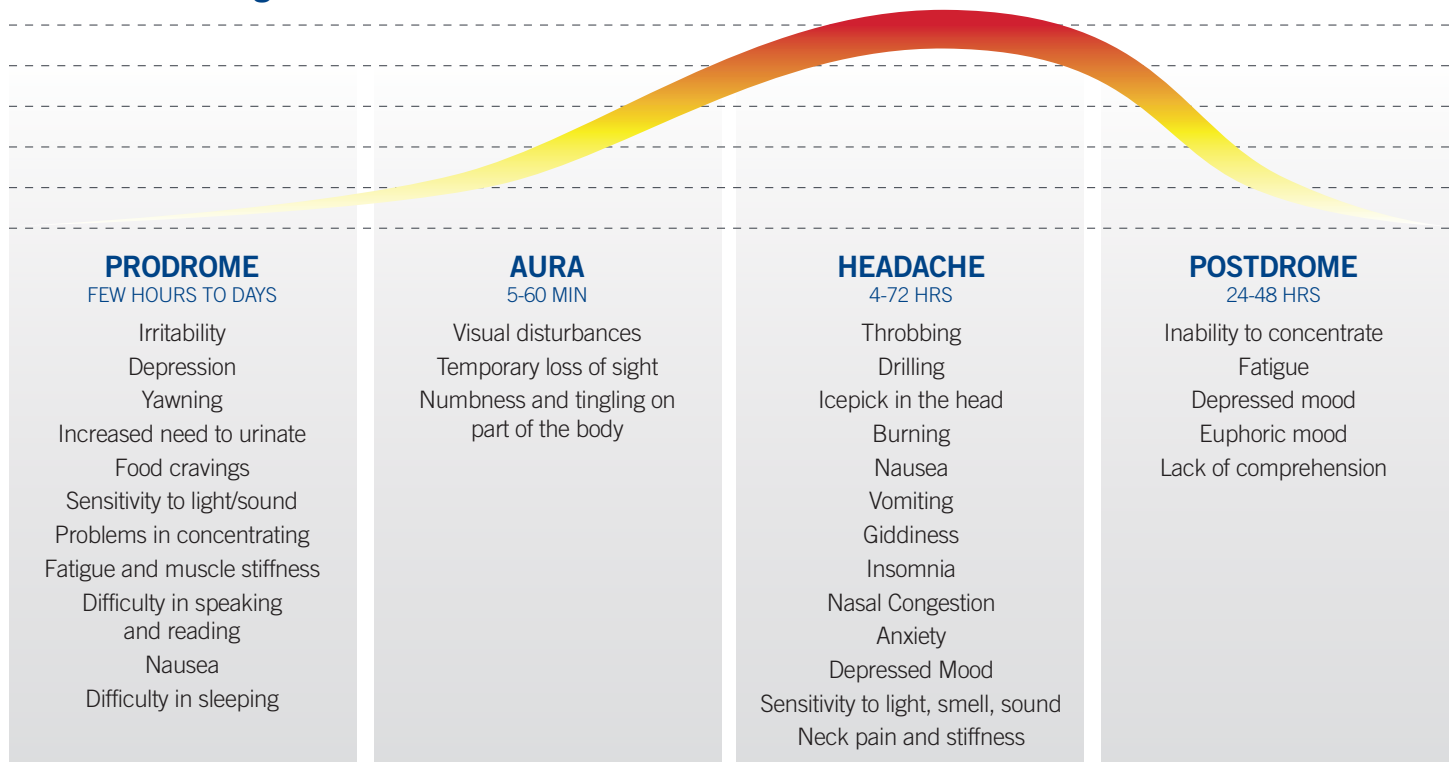
Hydration

- 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



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!