

Migraine Headaches – Diet and Plan

Plan:

- **Avoid Food and other triggers listed below**
- **Learn and incorporate stress relief techniques into your daily life**
- **Find the right Migraine Medication for you with your physician**

Food to Avoid:

- Aged cheese and other foods that contain the chemical “Tyramine”
 - Examples: Red Wine, certain beans (fava, lima, pinto, garbanzo), onions, olives, pickles, avocados, canned soups, and nuts
- Alcohol
- Foods with Additives or Preservatives (Nitrates and Nitrites)
 - Examples: Dried Fruit, Red Wine, Hot Dogs, Deli Meats, Bacon, Sausage
- Cold Foods

Examples of ways to reduce Stress:

- Yoga or Meditation
- Breathing exercises
- Exercise
 - Take a walk, go to the gym, go for a bike ride, etc.
- Listening to Music
- Taking a bath

Other Resources:

- Web MD Migraine Section: <http://www.webmd.com/migraines-headaches/default.htm>
- Centers for Disease Control (CDC) website: <http://www.cdc.gov/>