

Migraine Diet Table

Category	Avoid, Reduce or Limit what you eat/drink	OK to eat/drink
Caffeine	No more than 2 servings/day Don't vary amount/timing from day to day Coffee, tea, soda, Mountain Dew, Sunkist Medication: Anacin, Excedrin	Decaffeinated coffee, herbal or green tea, caffeine-free soda, fruit juice
Snacks/Desserts	Chocolate, nuts (especially peanuts), peanut butter , seeds	Fruit (listed below), sherbet, ice cream, cakes, pudding, Jello, sugar, jam/jelly, honey, hard candy, cookies (without chocolate/nuts)
Alcohol	Avoid all. Especially avoid: ales, burgundy, chianti, malted beers, red wine , sherry, vermouth *Some medications have alcohol (Nyquil)	Non-alcoholic beverages
Dairy	Aged cheeses: Brie, blue, boursault, brick, camembert, cheddar, emmentaler, gouda, mozzarella, parmesan, provolone, romano, Roquefort, stilton, swiss Buttermilk, chocolate milk, sour cream Eggs and yogurt should be limited to 2-3 times per year	Other cheeses: American, cottage, cream cheese, farmer, ricotta, velveeta Milk Egg substitute
Cereals & Grains	Fresh breads and yeast products , fresh bagels, fresh doughnuts, yeast extract, brewer's yeast, sourdough (*freezing may inactivate yeast)	Commercial breads (white, wheat, rye, multi-grain, Italian), English muffins, crackers, rye, toast, bagels, potatoes, rive, spaghetti, noodles, hot or dried cereals, oatmeal
Meats	Aged, canned, cured, or processed meats (bologna, pepperoni, salami, other pre-packaged deli meats), pickled meats or fish, salted or dried meats or poultry, hot dogs, sausages, jerky	Fresh/unprocessed meats, poultry, fish, lam, pork, veal, tuna
MSG (monosodium glutamate)	Avoid glutamate in all its multiple forms: MSG, "natural flavoring," "flavor enhancer," etc. Soy sauce, foods containing "hydrolyzed protein products" or "autolyzed yeast", canned soups, bouillon cubes, accent, meat tenderizers, seasoned salts. Pickled, preserved or marinated foods	Salt and other spices, butter, margarine, cooking oil, white vinegar, salad dressing (small amounts)
Sweeteners	Aspartame (equal, nutrasweet)	Sucrose (sugar), high fructose corn syrup, cooking oil, white vinegar, salad dressing
Vegetables	Pole or broad beans, lima beans, Italian beans, lentils, snow peas, fava beans, navy beans, pinto beans, pea pods, sauerkraut, garbanzo beans, onions, olives , pickles	Asparagus, beets, broccoli, carrots, corn, lettuce, pumpkins, spinach, squash, string beans, tomatoes (all others not listed)
Fruit	Avocados , figs, papaya, passion fruit, raisins, red plums. Limit bananas, citrus fruit and juices (orange, lemon, lime, grapefruit, tangerines) to ½ cup per day	Apples, Berries, peaches, pears, prunes, fruit cocktail
Mixed Dishes	Beef stroganoff, cheese blintzes, frozen meals/TV dinners, lasagna, macaroni and cheese, pizza	

*Tyramine, nitrites, nitrates, and MSG are found in many foods and may be difficult to avoid. Be sure to read labels!

Information modified from information reviewed from the following sources: Dr. Jason Rosenberg from Johns Hopkins Headache Center handout, National Headache Foundation and journal article review.

Vestibular Migraine

What is a vestibular Migraine?

What medications can help?

What can I do to help my symptoms?

Diet

Stress reduction

Exercise