

DIET and MIGRAINE

Nutrition 101: No single diet is "best" for every migraine patient, but a well-balanced diet can help!

Food for thought

- A high-sodium diet can make migraine attacks worse¹
- Processed foods tend to be high in sodium
- Cut back on sodium with fresh or mildly processed foods



The Migraine Diet

- Strict diets don't work for everyone
- Consider them only after better alternatives have been unsuccessful¹⁴⁻¹⁶



Caffeine: Morning pick-up or daily grind?



- Having caffeine more than three times per week can^{12,13}:
 - Lead to dependence
 - Cause withdrawal symptoms
 - Increase the number of attacks
- Medications with caffeine should never be taken more than twice per week¹²

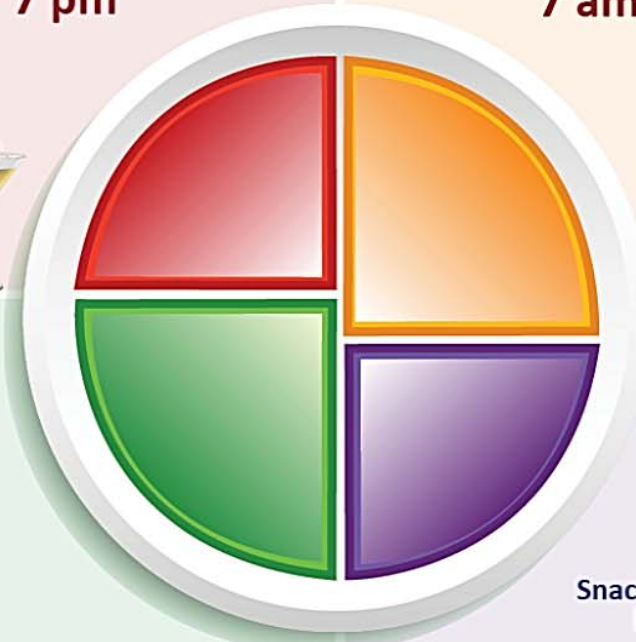
7 pm

Potential migraine triggers

Fasting	Alcohol
Cured meats	Aged cheese
Citrus	Chocolate
Caffeine	Wine*
Monosodium glutamate (MSG)	



*Contains several potential triggers: tyramine, sulfites, histamine, and the phenolic flavonoids⁸



7 am

Supplements that may prevent attacks⁸

- Magnesium 400 mg
- Riboflavin (vitamin B₂) 400 mg
- Coenzyme Q10 300 mg



Drink water!

- Dehydration is known to cause head pain
- About one third of migraine patients say thirst can trigger attacks²

4 pm



Snacking is good!

Hunger and headache: don't skip meals¹¹

- Low blood sugar can trigger attacks or make them worse
- Fasting increases the chances of an attack

1 pm



10 am

Snacking is good!

- Eat small snacks with a low glycemic index to help prevent early morning attacks¹⁰



Weight Management and Migraine

- Obesity (a BMI over 30) can make migraine symptoms worse⁹
- Modest weight loss (7-10% of total body weight) can improve migraine symptoms⁹
- Eat 5-6 small meals and snacks per day to⁷:
 - Avoid fasting headaches
 - Manage hunger while losing weight

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