and MIGRAINE

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

Food for thought

Potential migraine

Alcohol

Aged cheese

Chocolate

Wine

Monosodium glutamate (MSG)

triggers⁸

Cured meats

Fasting

Citrus

Caffeine

- A high-sodium diet can increase frequency of migraine attacks¹
- 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 strict diets only after preventive medications and other lifestyle changes mentioned here





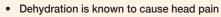
7 am

Caffeine: Morning pick-up or daily grind?

 Having caffeine more than three times per week can^{12,13}: o Lead to dependence o Cause withdrawal symptoms o Increase the number of attacks Medications with caffeine should never be taken more than twice per week12 Supplements that may prevent attacks⁸ Magnesium 400 mg Riboflavin (vitamin B₂) 400 mg Coenzyme Q10 300 mg

Drink water!

10 am



- About one third of migraine patients say
- inadequate fluid intake can trigger attacks²

4 pm



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

 Modest weight loss (7-10% of total body weight) can improve migraine symptoms⁶

• Obesity (a BMI over 30) can make migraine

Eat small snacks with a low glycemic index between meals¹⁰

and Migraine

Weight Management

- Eat 5-6 small meals and snacks per day to⁷: o Avoid fasting headaches
- o Manage hunger while losing weight

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Snacking

is good!

symptoms worse⁵