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 increase frequency of migraine attacks
- 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 have been unsuccessful

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

**Supplements that may prevent attacks**
- Magnesium 400 mg
- Riboflavin (vitamin B2) 400 mg
- Coenzyme Q10 300 mg

**Caffeine: Morning pick-up or daily grind?**
- Having caffeine more than three times per week:
  - Lead to dependence
  - Cause withdrawal symptoms
  - Increase the number of attacks
- Medications with caffeine should never be taken more than twice per week

**Drink water!**
- Dehydration is known to cause head pain
- About one third of migraine patients say inadequate fluid intake can trigger attacks

**Snacking is good!**
- Eat small snacks with a low glycemic index between meals

**Hunger and headache: don’t skip meals**
- Low blood sugar can trigger attacks or make them worse
- Fasting increases the chances of an attack

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