

Nutrition: There are many common and wide-spread suggestions for dietary interventions for migraine. But there has not been sufficient scientific evidence for any major medical organization to recommend a specific dietary intervention for migraine.¹ However, there is growing research in this field. The following are evidence-based suggestions to consider:

- **Eating Habits:** Keeping a consistent meal schedule can be helpful. Avoid fasting or skipping meals. Try to eat small, frequent meals. Consider keeping snacks with you.^{2,3}
- **Food Triggers:** You may have heard about a classic list of foods that trigger migraine, but ultimately, food triggers are very individual. Don't spend too much time and energy journaling or fixating on food triggers. Know the ingredients of the foods you are eating. For example, sometimes it is hard to know exactly what goes into processed foods. If you identify specific foods that consistently trigger migraine, then consider avoiding those foods.⁴
- **Hydration:** Dehydration is a common trigger of migraine. Maintaining adequate hydration can be helpful. An individual's hydration needs depend on physical activity, temperature, altitude, dietary factors, and medications taken.⁵
- **Dietary Supplements:** Research has found that some dietary supplements such as magnesium, riboflavin, and coenzyme Q10, at specific doses can be helpful for migraine prevention. For more information, please see [link to Part 2 Nutrition Supplement Section].
- **Weight Management:** Studies show that migraine attack frequency and severity increase with body mass index⁶ and obesity is associated with a higher risk of progressing from episodic to chronic migraine.⁷ In some cases, you may need guidance from a dietician, doctor, or other specialist.

References:

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