



M i g r a i n e / H e a d a c h e F o o d T r i g g e r s :

The commonest foods which can cause difficulty (but sometimes what affects one person is fine for another) include

- peanuts and peanut butter
- caffeine in all products, not just coffee
- dairy products
- yeast
- some beans (which includes peanut), as well as broad, lima, Italian, lentil, soy, peas
- avocados
- dried meats
- sauerkraut
- pickled herrings
- canned soups and packet soup mixes
- chicken livers
- ripe banana
- soya products as well as the bean itself
- sodium nitrate, which is used to preserve hot dogs, bacon and cured meats
- the preservative benzoic acid and its associated compounds
- MSG, common name for monosodium glutamate, a flavor enhancer which is now in almost universal use in almost all processed foods
- nuts
- sourdough breads
- cheeses which have been aged, i.e. cheddar
- red wines, beer, champagne, vermouth
- chocolate
- anchovies

Physical and Psychological Factors

- Delayed and missed meals, fasting
- Lack of sleep, Oversleeping
- Emotional upset, stress, internalized hostility
- Post-crisis period
- Strenuous exercise, Labor
- Menstrual and pre-menstrual days
- High altitude
- Weather changes
- Fumes/inhalants
- Physical illness
- Some medications

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