



NATIONAL HEADACHE FOUNDATION

formerly National Migraine Foundation

5252 North Western Avenue, Chicago, Illinois 60625

(312) 878-7715 Toll Free (800) 843-2256

DIET FOR THE HEADACHE SUFFERER

It is best to eat only freshly prepared foods to avoid the risk of eating foods that may have been aged, fermented, pickled or marinated. Tenderizers, monosodium glutamate, nitrate or nitrite compounds are likely to be provoking agents. Tyramine content may vary among brand names available in the market because of preparation, processing or storage. It is important to read labels carefully when shopping and ask questions when eating out.

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Decaffeinated coffee, colas containing no caffeine. Caffeine sources to be limited to two cups daily include coffee, tea & colas.	Alcoholic beverages, wines, ale & beer
Milk	Homogenized, skim & 2%	Chocolate & buttermilk
Dairy Products	Cottage cheese, cream cheese, American Cheese, Velveeta or synthetic cheese. Yogurt in ½ cup portions or less.	Aged & processed cheese: includes Cheddar, Swiss, Mozzarella, Parmesan, Romano, Brick, Brie, Camembert, Gouda, Gruyere, Emmentaler, Stilton, Provolone, Roquefort, Blue & cheese-containing foods (pizza, Macaroni & cheese), yogurt and sour cream
Meat and Meat Substitutes	Freshly prepared meat & eggs	Aged, canned, cured or processed meats, those containing nitrates or nitrites, commercial meat extracts, pickled or dried herring, chicken livers, sausage, salami, pepperoni, bologna, frankfurters, pates, peanuts & peanut butter, marinated meats, any prepared with tenderizers, soy sauce or yeast extracts

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Bread and Bread Substitutes	All except those on avoid list. Commercial bread.	Homemade yeast breads, fresh coffee cake, doughnuts, yeast & yeast extracts, sourdough breads, breads & crackers containing cheese, any containing chocolate or nuts
Fruits	All except those to avoid. Citrus fruits (oranges, grapefruit, pineapple, lemon, lime) are limited to ½ cup serving per day	Canned figs, raisins, papaya, passion fruit, avocado, red plums, ½ banana allowed per day
Vegetables	All except those on avoid list.	Italian broad beans, Fava beans, lima, navy and pea pods, sauerkraut, onions except for flavoring.
Desserts	All except fresh yeast-raised desserts or those containing chocolate	Any with chocolate
Miscellaneous	White vinegar, commercial salad dressings in small amounts	Brewer's yeast, chocolate, soy sauce, monosodium glutamate, meat tenderizers, papaya products, Accent, Lawry's and other seasoning salts, soup cubes, canned soups, frozen TV dinners. Some snack items containing items to be avoided. Read all labels.

Avoid all alcoholic beverages if possible. If you must drink, no more than two normal size drinks.
Suggested drinks: Haute Sauterne, Riesling Wine, Seagram's VO, Cutty Sark, Vodka

