Dietary Advice for Migraine

Some foods contain substances called amines, which if taken in large quantities can cause symptoms of migraine. Caffeine can also have the same effect.

Try avoiding the high amine foods for a month. When excluding these foods you should not restrict your overall intake of food. It is important to eat normal meals finding suitable alternatives as necessary.

Foods to Avoid

- Alcohol and low alcohol beers and wines.
- Avoid all cheese. Including that both in and on foods such as pizza, quiche, cheese powder in crisps/savoury snacks etc. Ritz Crackers.
- Fromage frais.
- All chocolate including chocolate chips, flavoured cereal, hot chocolate and mousse.
- Cola based drinks eg Dr. Pepper, Coca Cola.
- Coffee and tea, decaffeinated tea and coffee are suitable, and other caffeine stimulants, such as Red Bull or Pro Plus.
- Citrus fruits and their juices eg, orange, grapefruit, satsumas, lemons.
- Other high amine fruits including raisins, figs, dates, pineapple, avocado, plums, bananas, raspberries.
- Pork & pork products eg bacon, ham, gammon and sausages.
- Game eg venison, pheasant.
- Cured meats, eg salami, hotdogs.
- Broad beans and peas
- Prawns, shrimps, crab.
- Bovril, Marmite, Oxo and other meat extracts, gravy granules.
- More than one 150g pot of yoghurt per day.
- Very cold foods eg ice cream and ice in drinks.

All Other Foods are Suitable

Other Related Factors

- Avoid periods of fasting, missing or delaying meals or not eating enough.
- Eat meals/snacks at even intervals throughout the day eg every 4 hours.
- Ensure meals contain some starchy foods, eg bread, rice, pasta, cereals
- Try not to go for more than 15 hours without eating, for example between your evening meal and breakfast.
- Avoid fried or very fatty foods.
- Ensure you have a starchy snack before playing sport or vigorous activity.
- Ensure you drink enough fluid:
  - Adults 8-10 large cups per day
  - Children 6-10 cups per day.
Migraine can be caused by factors other than diet. The most likely triggers to cause an attack are:

- Fatigue or over exertion
- Depression, anxiety
- Raised blood pressure
- Menstruation
- Over the counter cold and pain relief preparations
- Loud noises, glaring lights eg spending long periods on computer or games console.
- Oral contraceptives

Useful Contacts

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