

Food Fact - 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 and savoury snacks, e.g. Ritz Crackers
- Fromage frais
- All chocolate including chocolate chips, flavoured cereal, hot chocolate and mousse
- Cola based drinks, e.g. Dr. Pepper, Coca Cola
- Coffee and tea and other caffeine stimulants, such as Red Bull or Pro Plus. Decaffeinated tea and coffee are suitable
- Citrus fruits and their juices, e.g. orange, grapefruit, satsumas, lemons
- Other high amine fruits including raisins, figs, dates, pineapple, avocado, plums, bananas, raspberries
- Pork and pork products, e.g. bacon, ham, gammon and sausages
- Game, e.g. venison, pheasant
- Cured meats, e.g. 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, e.g. ice cream and ice in drinks

All Other Foods are Suitable

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Other Related Factors

- Avoid periods of fasting, missing or delaying meals or not eating enough
- Eat meals or snacks at even intervals throughout the day, e.g. every 4 hours
- Ensure meals contain some starchy foods, e.g. 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, e.g. spending long periods on computer or games console
- Oral contraceptives.

Useful Contacts

The Migraine Trust
2nd Floor, 55-56 Russell Square
London
WC1B 4HP
Tel: 020 7436 1336
www.migrainetrust.org

Migraine Action Association
Unit 6, Oakley Hay
Lodge Business Park
Great Folds Road
Great Oakley
Northamptonshire
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www.migraine.org.uk

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