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Diet advice for Migraine



Diet

Migraine's are sensitive to certain foods; common examples are listed below. These dietary triggers are believed to cause a change that provokes a migraine attack.

Cultured dairy products e.g., aged cheese, sour cream, buttermilk, chocolate, and citrus fruits. Artificial sweeteners such as aspartame

- **Beverages:** Alcoholic beverages, especially red wine, and excess or withdrawal of caffeinated drinks such as **coffee, tea, cocoa, or colas** may trigger a migraine headache.
- The patient should limit caffeinated sources to no more than 2 cups per day to prevent caffeine- withdrawal headaches.
- **Preserved meats.** Examples of foods such lunch meats, processed meats, smoked fish, sausage, pork and beans with bacon, sausage, salami, pastrami, liverwurst, ham, corned beef, beef jerky, bratwurst, and bacon.
- **Monosodium glutamate** Food labels should be carefully checked. MSG sources include prepackaged seasonings (e.g., Accent), bacon bits, baking mixtures, basted turkey, bouillon cubes, **chips (e.g., potato, corn)**, croutons, dry roasted peanuts, breaded foods, frozen dinners, gelatins, oriental foods and soy sauce, pot pies, relishes, salad dressing, soups, and yeast extract.
- **Fruits:** Citrus fruits, avocados, bananas, raisins, and plums may be triggers. Although occasional individuals are sensitive to fruit encourage children with migraines to eat a well-rounded, natural (i.e., **avoid processed foods**) diet that includes fruits and vegetables. Ingestion of **Ice cream or cold** is an interesting stimulus in 93% of patients.

Medications: Advise to avoid frequent or long-term use of **analgesics, acetaminophen,**

Activity: In predisposed individuals, migraine attacks can occur as a result of psychological, physiological, or environmental triggers; however, encourage the patient to maintain a relatively normal lifestyle by optimizing trigger factors and using **prophylactic medications**.

- **Psychological triggers** include **stress, anxiety, worry, depression**. Migraine is **not an imagined or psychological illness**. The frequency of migraines can *be reduced by maintaining a healthy lifestyle, but it cannot be eliminated*.
- **Physiological triggers** include fever or illness, fasting, missing a meal, fatigue, and sleep deprivation. Maintain a routine with regular meal times and adequate sleep.
- **Environmental triggers** of migraine include fluorescent light, bright light, **flickering light**, fatigue, high altitude, strong odors, **computer screens**, or rapid temperature changes. **Physical exertion** can trigger childhood migraine. Some migraine's report that they are more likely to develop a headache after participating in **sports** or being extremely active.
- **Travel or motion may cause migraine**, particularly in young children.