



KAISER PERMANENTE®

MIGRAINE TRIGGER TIPS

Several factors may aggravate migraine headaches. Here is a list of tips that may help reduce the severity and frequency of your headaches.

FOODS THAT MAY AGGRAVATE MIGRAINES

Alcohol

- Beer
- Red Wine
- White Wine
- Champagne
- Rum
- Vodka

Cheese & Dairy

- Blue
- Brie
- Camembert
- Cheddar
- Cream Cheese
 - (ok to eat)
- Cottage Cheese
 - (ok to eat)
- Jack Cheese
 - (ok to eat)
- Stilton
- Sour Cream
- Yogurt

Processed Meats & Fish

- Bacon
- Bologna
- Chicken Livers
- Ham
- Herring
- Hot Dogs
- Pork (no more than three times a week)
- Salami
- Sausage

Other Foods

- Avocado
- Bananas (not more than ½ per day)
- Beans (lima, navy)
- Chocolate
- Citrus Fruits (no more than 1 orange/day)
- Diet Sodas
- Doughnuts
- Excessive Caffeine (coffee, tea or cola)
- Garlic (in excess)
- Hot Fresh Breads
- Monosodium Glutamate (accent)
- NutraSweet
- Nuts
- Onions (in excess)
- Pea Pods
- Peanut Butter
- Pickled, Fermented or Marinated Foods
- Pizza
- Raised Coffee Cakes
- Seeds (sunflower, sesame, pumpkin)
- Vinegar (except white)

OTHER FACTORS

Personal

- Emotional Stress
- Irregular Meals
- Irregular Sleep Patterns
- Lack of Regular Exercise
- Smoking

Non-Foods

- Artificial
- Food Coloring
- Birth Control Pills
- Nitrates found in Processed Food
- Some Prescription Medications
- Vitamin A,D,E, Niacin

Environmental

- Fumes (paint, exhaust, perfume, etc.)
- High Altitude, Rapid Changes
- Noise
- Pollution, Smog
- Sunlight (wear sunglasses, hats)
- Tobacco Smoke

Adapted from Form: 09273-1 (5-94)