

McLaren Print System Order

Order No: 59479 Reprint Previous Order No: 59412
Order Date: 2021-01-06
User: Bobbie Morris
Phone: 989-794-4032

Ship Location: McLaren Midland ENT-Attention Bobbie
801 Joe Mann Blvd., Ste H
Midland, Michigan 48642

Forms

Quantity: 100
Paragon Dept No: 56058
Dept Name: McLaren Midland ENT
Company Number: 810

Order Total Price: 16.10

Item Number: MM-34028
Item Description: Migraine foods to avoid
Revision Date: 12/2020
Print: 1 sided full color
Paper: 20# White Text
Size: 8.5 x 11
Fold:
Finish: None
Drill: None
Misc Info:



Migraine foods to avoid

Ripened cheese (cheddar, Emmentaler, Gruyere, Brie, Camembert)
Permitted: American, cottage, cream, Velveeta, etc

Licorice
Salted foods
Chocolate
Vinegar (except white vinegar)
Anything fermented, pickled, or marinated, salted
Sour cream, yogurt
Nuts, PB, seeds
Hot fresh breads (baked ok)
Beans
MSG (Chinese food)
Citrus foods (no more than one per day)
Bananas (no more than one half per day)
Raisins
Popcorn
Pizza, pasta with sauce
Excessive caffeine: try dandelion tea
Sausage/fermented meats
Alcohol if possible - (try clear liquors, avoid wine/beer, vodka best)