

## **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 (toast ok)

Beans

MSG (Chinese food)

Citrus foods (no more than one per day)

Bananas (no more than one-half per day)

Raisins

Papayas

Pizza, pasta with sauce

Excessive caffeine- try dandelion tea

Sausage/fermented meats

All EtOH if possible- (try clear liquors, avoid wine/beer, vodka best)