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**Migraine Diet**

According to a report published in the journal *Pediatric Neurology*, the list of foods, beverages, and additives thought to trigger or exacerbate migraine symptoms in some people includes:

* Cheese
* Chocolate
* Citrus fruits
* Hot dogs
* Monosodium glutamate
* Aspartame
* Fatty foods
* Ice cream
* Caffeine withdrawal
* Alcoholic drinks, especially red wine and beer
* Monosodium glutamate (MSG) is sometimes added as a flavor enhancer in [Chinese restaurants](http://adam.about.net/encyclopedia/001126.htm). It is also found in commercial soups, soy sauce, salad dressings, frozen dinners, soup mix, croutons, stuffing, and some chips. It can be disguised on food labels as sodium caseinate, hydrolyzed proteins, or autolyzed yeast.

Published surveys have found that the most commonly reported food triggers are cheese, chocolate, alcohol, bananas, and citrus fruit.

In a survey of 429 people with migraine, 16.5% reported migraines triggered by cheese or chocolate, 28.4% reported sensitivity to all alcoholic drinks, 11.8% were sensitive to red but not white wine, and 28% were sensitive to beer.

According to the same article, certain chemicals in foods called amines, such as tyramine, phenylethylamine, and histamine are often the culprits.

Tyramine is found in higher concentrations in foods that have been fermented, such as:

* Aged or blue cheese
* Yogurt
* Smoked, cured or pickled meat or fish
* Red wine or beer
* Soy sauce, miso, tempeh

Foods containing phenylethylamine include:

* Cheesecake
* Yellow cheeses
* Chocolate
* Citrus fruit
* Chocolate
* Cocoa
* Berry pie filling or canned berries
* Red wine

Foods containing histamine include:

* Banana
* Beef, pork
* Beer
* Cheese, especially yellow ripened
* Chicken liver
* Egg Plant
* Fish, shellfish
* Processed meat, such as salami
* Sauerkraut
* Tempeh, tofu, miso, tamari
* Spinach
* Strawberry
* Tomato, tomato sauce, tomato paste
* Wine
* Yeast and foods containing yeast
* Pineapple
* Citrus fruit
* Chocolate

**Should I Follow a Migraine Diet?**

Diet isn't a treatment for migraine, but for some people, avoiding certain foods may help prevent attacks.

Simultaneously eliminating all possible trigger foods is generally not recommended because of the sheer number of potential triggers. Most people would find the diet too restrictive and difficult to adhere to.

Instead, keeping a diet diary may help to identify any food triggers. The diet diary should list all foods eaten every day, with approximate times. The appearance of any symptoms should be noted. If food triggers are found, selectively avoiding only those foods may help.

Skipping meals can be a trigger for some people, so eating regular, well-balanced meals is often advised.