

Nutrition Series

Dealing with Migraine

6

NUTRITIONAL PROTOCOL FOR PATIENTS WITH MIGRAINE

TRIGGERS TO AVOID:

Excess stress, fatigue, vitamin A supplementation =>25000 IU/day.

CHECK FOR:

Vasoactive food triggers -

red wine, alcohol, chocolate, aged cheese, fermented sausage, sour cream, pickled herring, canned fish.

Additives - sodium/salty food, nitrites (cured meat), monosodium glutamate.

Allergens - wheat, corn, dairy, citrus, pineapple, grapes, coffee, tea, chocolate, cane sugar, beef, pork, legumes, nuts, coconut, yeast, cola drinks.

Hypoglycaemia - Is prevented by low sugar, high complex carbohydrate diet, frequent snacks.

DIETARY CHANGES TO SUGGEST:

Check for specific food triggers. Keep a food diary and look for links between foods consumed and migraines. Increase water intake.

SUPPLEMENTS TO CONSIDER:

Fish oils 15-20 g/day.

