

# MEAL PLANNING TOOLKIT



**Certain foods can contribute to your migraine attacks. Using our headache diary can help you identify and avoid your triggers.**

Our diets play a big role in our migraine attacks and changes in your diet can help you reduce your migraine headaches. Eating a well balanced diet consisting of 5-6 nutrient dense meals a day can help migraine patients in many ways. Headaches caused by hunger are reduced, it can help prevent weight gain which leads to headache progression; it can also help track acute food triggers and chemical sensitivities that contribute to migraine.

## 5 Important Nutrients

Maintaining a healthy balanced diet needs to include 5 key nutrients. **Carbohydrate, proteins, fats, vitamins and minerals.**

**1. Carbohydrate:** Carbs provide short term energy supply and help regulate blood sugar. Carbs also aid in digestion containing fibre. Some people are triggered by certain carbs like refined carbohydrate so avoid these and stick to carbs found in fresh fruit and vegetable. **Carbs should be 45% of your diet.**

**2. Proteins:** You can find proteins in meat, nuts, seeds and eggs. they contain essential vitamins and minerals as well and **should be 30% of your diet.**

**3. Fats:** Fats are great contrary to popular belief. Stick to unsaturated fats like olive and coconut oils and stick to whole fats rather than skim varieties. **Preferably 20-35% of your diet**

**4. Vitamins:** Vitamins are essential for body functions. Vitamin D, Vitamin B2 and Vitamin A are great migraine vitamins Diverse diets containing fruits, vegetables and meats will help you get the vitamins you need

**5. Minerals:** Minerals help with body processes and help prevent migraine. Potassium, sodium, magnesium help with important body processes and could prevent migraine



# Commonly Reported Triggers

A diet that contains a diverse variety of healthy foods is best, however it is important to be aware of different foods, food additives and chemicals in foods that can acutely trigger migraine or add to your overall migraine sensitivity. Below we have listed different foods, drinks and chemicals that can trigger migraines acutely or add to your baseline sensitivity indirectly causing migraine.

## Triggers commonly described in clinic

### Chemicals that can trigger migraine

- **Caffeine** - coffee, red bull, soft drink (cola), tea.
- Artificial sweetener - **Aspartame** which is a common sugar substitute.
- **Monosodium Glutamate (MSG)** - fast food outlets, takeaway restaurants and canned foods
- Foods containing **Tyramine** like beans, cured meat and smoked fishes and meats.
- **Histamine** - pickled and canned foods like sauerkrauts.  
changes in weather - summer to autumn, winter to spring.
- **Sulfites** - found in processed meats.

### Foods + Drinks that can trigger migraine

- Alcohol - red wine, spirits, beer, champagne, white wine
- Matured cheeses like parmesan, cheddar, Romano
- Smoked meats, Cured Meats - salami, ham, sausages
- Smoked Fish, Cured Fish
- Chocolate and other cocoa based foods
- Citrus - lemons, limes, oranges
- Nuts - peanuts, walnuts, cashews
- Shellfish, calamari

## What foods trigger your migraine?

Post your experience on our facebook page to help like minded migraine patients realise their triggers.

