

Migraine Triggers

Potential Food Triggers Workbook



Potential Migraine Trigger Foods

spaces have been left for you to add more specific breakdowns and additional items

Fruits

Yes **No**

- | | | |
|--------------------------|--------------------------|---------------|
| <input type="checkbox"/> | <input type="checkbox"/> | apricots |
| <input type="checkbox"/> | <input type="checkbox"/> | avocados |
| <input type="checkbox"/> | <input type="checkbox"/> | bananas |
| <input type="checkbox"/> | <input type="checkbox"/> | coconut |
| <input type="checkbox"/> | <input type="checkbox"/> | papayas |
| <input type="checkbox"/> | <input type="checkbox"/> | passion fruit |
| <input type="checkbox"/> | <input type="checkbox"/> | pineapple |
| <input type="checkbox"/> | <input type="checkbox"/> | red plums |

Citrus fruits

Yes **No**

- | | | |
|--------------------------|--------------------------|------------|
| <input type="checkbox"/> | <input type="checkbox"/> | grapefruit |
| <input type="checkbox"/> | <input type="checkbox"/> | lemons |
| <input type="checkbox"/> | <input type="checkbox"/> | limes |
| <input type="checkbox"/> | <input type="checkbox"/> | oranges |
| <input type="checkbox"/> | <input type="checkbox"/> | tangerines |
| <input type="checkbox"/> | <input type="checkbox"/> | tomatoes |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ |

Dried fruits

Yes **No**

- | | | |
|--------------------------|--------------------------|----------|
| <input type="checkbox"/> | <input type="checkbox"/> | apricots |
| <input type="checkbox"/> | <input type="checkbox"/> | dates |
| <input type="checkbox"/> | <input type="checkbox"/> | figs |
| <input type="checkbox"/> | <input type="checkbox"/> | raisins |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ |

Vegetables

Yes **No**

- | | | |
|--------------------------|--------------------------|---------------|
| <input type="checkbox"/> | <input type="checkbox"/> | capers |
| <input type="checkbox"/> | <input type="checkbox"/> | chili peppers |
| <input type="checkbox"/> | <input type="checkbox"/> | mushrooms |
| <input type="checkbox"/> | <input type="checkbox"/> | onions |
| <input type="checkbox"/> | <input type="checkbox"/> | pickles |

beans

Yes **No**

- | | | |
|--------------------------|--------------------------|------------|
| <input type="checkbox"/> | <input type="checkbox"/> | fava beans |
| <input type="checkbox"/> | <input type="checkbox"/> | garbanzo |
| <input type="checkbox"/> | <input type="checkbox"/> | lentils |
| <input type="checkbox"/> | <input type="checkbox"/> | lima |
| <input type="checkbox"/> | <input type="checkbox"/> | navy |
| <input type="checkbox"/> | <input type="checkbox"/> | pinto |
| <input type="checkbox"/> | <input type="checkbox"/> | pole |
| <input type="checkbox"/> | <input type="checkbox"/> | snow peas |
| <input type="checkbox"/> | <input type="checkbox"/> | string |

Meats and seafood

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	aged meats
<input type="checkbox"/>	<input type="checkbox"/>	canned meats
<input type="checkbox"/>	<input type="checkbox"/>	cured meats
<input type="checkbox"/>	<input type="checkbox"/>	processed meats
<input type="checkbox"/>	<input type="checkbox"/>	bacon
<input type="checkbox"/>	<input type="checkbox"/>	bologna
<input type="checkbox"/>	<input type="checkbox"/>	caviar
<input type="checkbox"/>	<input type="checkbox"/>	ham
<input type="checkbox"/>	<input type="checkbox"/>	hot dogs
<input type="checkbox"/>	<input type="checkbox"/>	liver and other organ meats
<input type="checkbox"/>	<input type="checkbox"/>	pepperoni
<input type="checkbox"/>	<input type="checkbox"/>	pork
<input type="checkbox"/>	<input type="checkbox"/>	salami
<input type="checkbox"/>	<input type="checkbox"/>	salmon
<input type="checkbox"/>	<input type="checkbox"/>	sausage
<input type="checkbox"/>	<input type="checkbox"/>	tuna
<input type="checkbox"/>	<input type="checkbox"/>	venison

Dairy products

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | buttermilk |
| <input type="checkbox"/> | <input type="checkbox"/> | chocolate milk |
| <input type="checkbox"/> | <input type="checkbox"/> | most cheeses, especially aged cheeses.
½ cup per day of American, Velveeta, ricotta, cream cheese, pot
cheese, and farmer cheese are allowed. |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ cheese |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ cheese |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ cheese |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ cheese |
| <input type="checkbox"/> | <input type="checkbox"/> | cream |
| <input type="checkbox"/> | <input type="checkbox"/> | ice cream |
| <input type="checkbox"/> | <input type="checkbox"/> | sour cream |
| <input type="checkbox"/> | <input type="checkbox"/> | whole milk |
| <input type="checkbox"/> | <input type="checkbox"/> | yogurt |

Breads

fresh yeast breads straight from the oven

- | Yes | No | |
|--------------------------|--------------------------|-----------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | bread made with yeast |
| <input type="checkbox"/> | <input type="checkbox"/> | doughnuts |
| <input type="checkbox"/> | <input type="checkbox"/> | pizza dough |
| <input type="checkbox"/> | <input type="checkbox"/> | soft pretzels |

Beverages

Alcoholic beverages: Any alcoholic beverage can be a trigger. The two most common are red wine and beer.

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	red wine
<input type="checkbox"/>	<input type="checkbox"/>	beer
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	chocolate drinks such as hot chocolate
<input type="checkbox"/>	<input type="checkbox"/>	coffee (caffeine)
<input type="checkbox"/>	<input type="checkbox"/>	colas and other soft drinks with caffeine
<input type="checkbox"/>	<input type="checkbox"/>	diet drinks with artificial sweeteners (try sodas with different sweeteners)
<input type="checkbox"/>	<input type="checkbox"/>	egg nog (milk)
<input type="checkbox"/>	<input type="checkbox"/>	tea (caffeine)

Condiments

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	ketchup
<input type="checkbox"/>	<input type="checkbox"/>	mayonnaise
<input type="checkbox"/>	<input type="checkbox"/>	mustards
<input type="checkbox"/>	<input type="checkbox"/>	soy sauce

Miscellaneous

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	aspartame (Equal)
<input type="checkbox"/>	<input type="checkbox"/>	canned soups (contain MSG)
<input type="checkbox"/>	<input type="checkbox"/>	chocolate (not as common a trigger as once thought, but still a trigger for some.)
<input type="checkbox"/>	<input type="checkbox"/>	concentrated sugars
<input type="checkbox"/>	<input type="checkbox"/>	licorice
<input type="checkbox"/>	<input type="checkbox"/>	monosodium glutamate (MSG)
<input type="checkbox"/>	<input type="checkbox"/>	nuts
<input type="checkbox"/>	<input type="checkbox"/>	olive oil
<input type="checkbox"/>	<input type="checkbox"/>	olives
<input type="checkbox"/>	<input type="checkbox"/>	seeds
<input type="checkbox"/>	<input type="checkbox"/>	peanuts and peanut butter
<input type="checkbox"/>	<input type="checkbox"/>	saccharine
<input type="checkbox"/>	<input type="checkbox"/>	sucralose (Splenda)
<input type="checkbox"/>	<input type="checkbox"/>	sulfites
<input type="checkbox"/>	<input type="checkbox"/>	vinegar except cider and white vinegars

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