



**This diet has helped some patients with severe headaches:**

Certain foods and chemical additives may trigger migraine headache in some individual. The following is a list of the foods that may precipitate a migraine attack:

Ripened cheeses Cheddar, Emmenthaler, Gruyere, Stilton, Brie and Camembert). Permissible cheeses (American, Cottage Cream and Velveeta).

Herring

Chocolate

Vinegar (except white vinegar)

Fermented, pickled or marinated foods

Sour Cream, yogurt, ice cream Nuts,

Peanut Butter

Hot fresh breads, raised coffee cakes –and doughnuts

Pods of broad beans (lima, navy and pea pods)

Any foods containing large amounts of. monosodium glutamate (Chinese foods)

Onions

Canned figs

Citrus foods (no more than one orange per day)

Bananas (no more than 1/2 banana per day)

Pizza

Pork (no more than 2-3 times per week)

Excessive tea, coffee, cola beverages (no more than 4 cups per day)

Avocado

Fermented sausage (bologna, salami, pepperoni, summer sausage and hot dogs)

Chicken livers

Alcoholic beverages