

Family Health Centers Nutrition Program

**The HEADACHE
and
FOOD CONNECTION**

People get headaches for a multitude of reasons; one of the causes may be the foods you eat. It can be difficult to determine which foods are triggers as headache occurrence can vary from day to day and it may take a day or two for headaches to appear after ingesting the particular food. Lowering the amount of fat in your daily diet and supplementing with magnesium may decrease headaches, while being under stress and waiting too long between meals can increase them.

Below is a list of foods and beverages that commonly trigger headaches. Trial and error and keeping a food diary, noting headache occurrences, are the simplest ways to determine which foods, if any, trigger your headaches.

- Caffeine, especially caffeine withdrawal
- MSG / monosodium glutamate, hydrolyzed protein, natural flavorings, Chinese food
- Aged, hard cheeses: cheddar, Brie, Camembert, Gruyere; blue, Roquefort, Gorgonzola...
- Chocolate
- Nuts and nut butters
- Alcohol: red wine, cognac, brandy, dark liqueurs, sparkling wines, champagne...
- Processed meats and fish: hot dogs, luncheon meat, salami, bacon, pepperoni, sausage, ham, smoked salmon, smoked trout, caviar, anchovies, pickled herring
- Fruits: citrus fruits and juices, bananas, papayas, raspberries, red plums, passion fruit, avocados, raisins and fruits dried with sulfates
- Vegetables: pea pods, onions, sauerkraut, lentils, lima beans, navy beans
- Freshly baked products, yeast - raised and sourdough: bread, doughnuts, bagels soft pretzels, coffeecakes...
- Aspartame / Nutrasweet

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If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:
Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at
828-258-8681