

HEADACHE HELP:

Eat This,

Not That

In the U.S., nearly 1 in 4 households include someone who suffers from migraines—extreme headaches that can come with nausea, vomiting, dizziness and sensitivity to sound, light, touch and smell. The cause of migraines is not well understood, but food may play a role in triggering them for some people. Want to head off a headache? Try these substitutions for common food triggers:

Try this

Water, white milk



Fresh meats



American cheese

Caffeine-free herbal tea

White chocolate

Melons



Rice

Olive oil and white vinegar

Pumpkin seeds, sesame seeds



Cottage cheese

... Instead of that

Soda

Cured meats



Aged cheeses

Coffee



Dark or milk chocolate

Citrus fruits



Beans

Bottled salad dressing

Nuts

Yogurt



The Do's and Don'ts of Finding Food Triggers



DO keep a headache diary and note what foods you ate within 24 hours of onset.



DON'T eliminate all potential triggers at once.



DO gravitate toward whole, unprocessed foods.



DON'T skip meals. Fasting can induce headaches.