











FOODS THAT TRIGGER MIGRAINES

Watch out for these food items in your diet that may cause migraines!

FOOD ITEM		REASON THEY CAUSE MIGRAINE
	AGED CHEESES	Contains TYRAMINE that may trigger headaches
	PROCESSED MEATS	Contains NITRATES and NITRITES which may cause dilation
	RED WINE	Triggers HISTAMINE release that may cause inflammation
	ARTIFICIAL SWEETNERS	May disrupt NEUROTRANSMITTERS that are brain messengers
	MSG	Overexcites NEUROTRANSMITTERS
	CAFFEINE	May cause BLOOD VESSELS to widen
	FERMENTED FOODS	Triggers HISTAMINE release that may cause inflammation
	CHOCOLATE	Contains TYRAMINE that may triggers headaches
	GLUTEN	May cause INFLAMMATION in some
	SALTY FOODS	May increase BLOOD PRESSURE

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or, treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

