

## **Migraine Triggers**

- I. Food may act as triggers in certain individuals with migraine headaches.**
  - A. The most common food triggers include: chocolate, NutraSweet, caffeine, MSG (monosodium glutamate).**
  - B. Other food triggers include: red wine, Phenyl ethylamine, aged cheese, Tyra mate, diet colas, glutamate, sulfites (look for these ingredients on the package when you go to the grocery store to shop for food).**
  - C. Caffeine is a two-edged sword! Caffeine can make you feel good; however, caffeine withdrawal or overuse can cause headaches.**
    - 1. Try to limit your caffeine intake to 200-300 milligrams (mg) per day.**
    - 2. Common sources of caffeine include: brewed coffee (115 mg), tea (40 mg), chocolate (35 mg), soda (35 - 57 mg), energy drinks (48-300 mg).**
    - 3. Medications containing caffeine: Excedrin (65 mg), Anacin (32 mg), Midol (32 mg), Fiorinal/Fioricet (40 mg), Wigraine (100 mg), Norgesic Forte (60 mg), Darvon Compound (65 - 32.4 mg).**
- II. Other triggers: bright light, sleep disturbances, loud noises, lack of exercise, strong odors, skipping or delaying meals, hormones, and stress.**
- III. Headache-free recipes: available free by contacting the National Headache Foundation toll-free at 1-888-NHF-5552. Monday through Friday from 9:00 am to 5:00 pm.**