



## DIET FOR THE HEADACHE SUFFERER

Read labels and ask questions when eating out. Tyramine content can vary among brand names available on the market because of preparation, processing or storage. Tenderizers, MSG, nitrate, or nitrite compounds are likely to be provoking agents.

<b>Foods</b>	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
<i>Beverages</i>	Decaffeinated coffee, fruit juices, club soda, decaffeinated colas (7-up, Ginger ale). Alcoholic beverages least likely to trigger headaches include Haute Sauterne, Riesling, vodka, Seagram's V.O, Cutty Sark. Limit wine, port wine, distilled spirits to 4 ounces or less.	Limit caffeine sources to 8 ounces daily: coffee, tea, cola-type soda; chocolate milk, cocoa. Alcoholic beverages: ale, beer, Chianti, sherry, Burgundy, vermouth.
<i>Meat, fish, poultry</i>	Fresh prepared meats, fish poultry, eggs.	Aged, canned, cured, or processed meats, canned or aged ham, pickled herring, salted dried fish, chicken liver, aged game, hot dogs, sausages (no nitrates or nitrites); bologna, salami, pepperoni, summer sausage; any meat prepared with meat tenderizers, soy sauce, or yeast extracts.
<i>Dairy</i>	Milk: homogenized, 2% or Skim. Cheese: American, cottage Gouda, farmer, ricotta, cream cheese, Velveta, yogurt limit sour cream to ½ cup.	Aged, mature cheese: blue, Boursault, brick, Brie types, Camembert types, cheddar, Swiss, Roquefort, Stilton, mozzarella, parmesan, Provolone, Romano, Emmentaler.
<i>Bread/cereals/ Starchy vegetables</i>	Commercial breads.  All hot and dry cereals. White potato, sweet potato, rice, pasta.	Sourdough bread, breads and crackers containing cheese or  Caffeine has no tyramine per se, but aggravates the symptoms of headache and hypertension.

*\*\*The information-listed above is not intended to replace the information given by your doctor. If any concerns or questions should arise, please contact your neurologist.*