

MIGRAINE-FRIENDLY FOOD MENUS AND SHOPPING LIST

TRIGGERS

Chemical complexity (aging and fermentation)

- Amines (similar to our neurotransmitters: serotonin & dopamine) include
 - Tyramine: *aged cheeses, beer, nuts, peanut butter, avocado, over-ripe banana, pork, soy-based foods, processed meats, smoked fish, chicken livers, figs, and some beans*
 - Histamine: *wine*
 - Phenylethylamine: *chocolate*
- Tannins: *coffee, tea, red wine, apple juice*
- Nitrates: meats, such as *bacon, hot dogs, salami, cured meats*
- Fermented or pickled foods

Additives

- Monosodium glutamate (MSG)
- Aspartame

Specific foods

Some citrus fruits

- Onions
- Gluten



MIGRAINE FRIENDLY CHOICES

BREAD

Acceptable purchases—Any white, wheat, rye or pumpernickel store-bought bread.

Plain or sesame seed bagels, English muffins, quick breads like pumpernickel or zucchini breads.

All yeast bread must be 24 hours old.

What to avoid—Fresh baked bread, either homemade or from the grocer's bakery, fresh donuts, fresh breakfast Danish, nut breads, cheese bread, chocolate bread, raisin bread, bagels with dried fruit like blueberry or cranberry bagels. Remember that pizza is fresh bread.

CEREAL

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Acceptable purchases—Many cereals are fine. For example: Cheerios®, Life®, Honey Bunches of Oats®, Cracklin' Bran®, Frosted Flakes®, Frosted Shredded Wheat®.

What to avoid—Cereal with nuts, raisins, chocolate, dried fruit, aspartame, peanut butter or coconut.

CRACKERS

Acceptable purchases—Any unflavored cracker such as Saltines, Ritz, Wheat Thins, Carr's Table Crackers and Club crackers.

What to avoid—Cheddar cheese crackers, Chick-in-a-brisket, any flavored cracker.

PRETZELS/CHIPS

Acceptable purchases—All plain pretzels and plain potato chips, Tostitos 100% corn chips, Frito's corn chips, Herr's salt and vinegar chips.

What to avoid—Soft pretzels, honey and mustard pretzels, onion and garlic pretzels or other seasoned pretzels. Avoid Pringles, Doritos Nacho chips, jalapeno chips and most other seasoned chips.

PIES/CAKES/COOKIES/CANDY

Acceptable purchases—Blueberry and apple store bought pies if made without lemon juice, vanilla or cinnamon swirl cake, shortbread cookies and vanilla/strawberry wafers, oatmeal cookies without the raisins, rice pudding (no raisins), white chocolate.

What to avoid—Chocolate, chocolate candy, nuts, buttermilk, sour cream, dried fruit (some apricot pies start with dried apricots), peanut butter, lemon extract or lemon juice, almond extract and coconut. Avoid diet and sugar-free products that contain aspartame.

SALAD DRESSING

Acceptable purchases—Any oil and distilled white vinegar. (Homemade ranch is good but you won't find that in the grocery store).

What to avoid—most bottled dressings have one or many of the following; monosodium glutamate, onion or onion powder, grated cheese like Romano or parmesan, natural flavoring, red wine vinegar or balsamic vinegar (or anything other than white).

DIPS/SAUCES

Acceptable purchases—buy ingredients to make your own at home.

What to avoid—dips and sauces usually contain MSG (natural flavoring) or onions. Avoid salsa, chips dips, tomato sauce like Ragu, Alfredo or pesto sauce, gravy, mustard dips, barbeque sauce and guacamole (because of the avocados).

MEAT AND MAIN MEALS



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Acceptable purchases—Fresh chicken, beef, veal, lamb, fish, turkey or pork. (Some sausage is made without MSG, natural flavor or onion). Be sure the meat is not injected with a tenderizer (like Hatfield's Simple Tender pork products) or with broth (some turkey and chicken).

What to avoid—Beef liver and chicken liver, marinated meat, ready-made hot wings, barbeque chicken, breaded meat like fried chicken or nuggets or breaded chicken patties, seasoned rotisserie chicken, and any ready-made meal of meat, noodle or rice like burritos, lasagna, Rice-a-Roni and Hamburger Helper. Any canned tuna with broth. Anchovies. Spam. Canned soups have MSG and sometimes onions. Avoid nitrites in ham, hot dogs and most lunchmeats.

DAIRY PRODUCTS

Acceptable purchases—Deli American cheese, American cheese with jalapeno peppers, cottage cheese, ricotta cheese and cream cheese. White milk is ok.

What to avoid-- Aged cheeses like Cheddar, Monterey Jack, Colby and Swiss. Avoid mozzarella cheese, Brie, sour cream buttermilk and yogurt. Beware of products made with cheese like pizza and hot pockets. Avoid chocolate milk due to the caffeine.

FRUITS/JUICES

Acceptable purchases—Fresh strawberries, apples, pears, grapes, peaches, nectarines, blueberries, kiwi, apricots, blackberries, cherries, cantaloupes, mangoes, honeydew melon and watermelon.

What to avoid—Bananas, oranges, grapefruit, lemons, limes, tangerines, pineapples, clementines, raspberries, plums, papayas, passion fruit, figs, dates, raisins and avocados. Also avoid dried fruits preserved with sulfites.

VEGETABLES

Acceptable purchases—Preservative-free bagged lettuce like Fresh Express, peppers, zucchini, eggplant, garlic, leeks, spring onions, shallots, potatoes (fresh), some frozen mashed potatoes, broccoli, asparagus, cauliflower, brussel sprouts, carrots, corn, chick peas, mushrooms, canned or frozen peas, yams, string beans, artichokes, red beets, some beans, okra, plain rice, turnips and squash.

What to avoid—Onions, sauerkraut, pea pods, broad Italian beans, lima beans, fava beans, navy beans and lentils. Also avoid boxed potato flakes, like instant mashed potatoes.

DRINKS

Acceptable purchases—Naturally decaffeinated coffee or tea, caffeine-free herb tea like chamomile, pear juice, apple juice, grape juice, cranberry juice, apricot nectar, caffeine-free Coke/Pepsi, Diet Rite Cola, Waist Watcher Cola/Diet Root beer/Diet Black Cherry, Mug Root beer, Hires Root beer and A&W Root beer. Diet soda using sucralose



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(Splenda) is not a problem. Vodka is the best tolerated alcoholic beverage. White milk is ok.

What to avoid—Coffee, tea, coffee substitutes, hot chocolate, colas, orange soda, lemon lime soda, mountain Dew, any diet soda containing aspartame or saccharin, Barq's Rootbeer (they add caffeine to it), chocolate milk, wine, champagne, beer, heavy alcoholic drinks.

NUTS/SEEDS/POPCORN

Acceptable purchases—Unflavored popcorn that you pop at home, pumpkins seeds, sunflower seeds without natural flavor, sesame seeds and poppy seeds.

What to avoid—Cheddar cheese popcorn, some microwave popcorn, all nuts and nut butters, including peanuts. Coconut is out as well as almond extract.

SOY PRODUCTS

Acceptable purchases—Any soy is questionable, so you might want to avoid it altogether until you have achieved headache control. Then try the following products one at a time: soymilk, soy flour, plain tofu and soy oil.

What to avoid—Soy sauce, miso, tempeh, soy burgers, and products containing soy protein isolate or concentrate and soybeans.



ACCEPTABLE PRODUCTS FOR THE MIGRAINE DIET---A PARTIAL LIST

1. Cereals-Cheerios, Life, Uncle Sam, Great Nuts, Cornflakes. Try Grape Nuts hot: 1/4 cup grape nuts, 3/4 cups milk, plus frozen blueberries. Microwave 2 minutes on high. Add sugar to taste.
2. Smucker's Blackberry Jam—this is important for those of us who previously used raspberry jam. Strawberry and grape is also allowed but blackberry is less ordinary!
3. Miss orange juice? Try a product by V8 Splash called Mango Peach.
4. If you eat lunch at work, you can bring chicken salad made from canned chicken breast. 'Sweet Sue' and some others make canned chicken without MSG.

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5. Watch out for Hatfield pork products called Simply Tender. These products are tenderized with a lemon juice marinade.
6. Dipping mustard for pretzels—Bookbinders hot and sweet works. They use white vinegar and no monosodium glutamate.
7. Sunflower seeds—A company called “Here’s Howe” makes sunflower seeds without MSG. Watch out for Planters brand (they use MSG).
8. Soda—Caffeine-free and no aspartame: Diet Rite cola, Waist Watcher’s cola, diet root beer and black cherry, Mug/Hires/A&W Root beer, caffeine-free Coke/Pepsi.
9. Miss croutons? Try La Choy Chow Mein Noodles on your salad. Homemade croutons are great too but La Choy Noodles are convenient!
10. For another convenience item try Kellogg’s Cornflake crumbs to replace MSG laden breadcrumbs. Homemade breadcrumbs are ok too.
11. If you cannot give up coffee and tea altogether be sure you are using naturally decaffeinated products such as Lipton’s naturally decaffeinated green tea or Taster’s Choice naturally decaffeinated instant coffee. If the product just says decaffeinated, most likely a chemical has been used in the decaffeinated process that has been known to cause headaches. Limit even naturally decaffeinated products to one cup a day. I generally drink the Lipton tea and reuse the teabag for a second cup.
12. If a recipe calls for buttermilk, substitute 1 cup milk plus 1 Tbsp. vinegar. Also, vinegar added to cream cheese can be used in place of sour cream.
13. Lettuce can be a problem if it is displayed in a case that sprinkles with what appears to be water on the lettuce. That water sometimes contains a sulfite preservative and should be avoided. This sulfite preservative is also used on salad bar lettuce. I use Fresh Express bagged lettuce. It is preservative-free and convenient.
14. Bumble Bee tuna just came out with a new tuna that has no soy or vegetable broth or hydrolyzed protein. It is a ‘prime fillet white albacore in water’. Look for the black and gold can.
15. Dried fruit—Many dried fruits use a sulfite to keep the fruit from turning brown. There are brands: i.e., Mariani that use sulfur dioxide to retain color. This should be ok.
16. Canned tomato products—Contadina makes three products without natural flavor (MSG) added: Diced tomatoes, crushed tomatoes in puree and tomato paste. These work well in cacciatore and homemade spaghetti sauce. I have not found any canned or jarred tomato sauce without nature flavor.
17. Caramels are a fast and easy treat.
18. Ice Cream and toppings—Breyer’s extra creamy vanilla and Breyer’s strawberry ice cream are good choices for the connoisseur, though other brands are ok. Smucker’s Dulce de Leche (caramel) topping is ok. Also, you can buy frozen strawberries in heavy syrup, defrost and use on vanilla ice cream. It’s not chocolate but it’s better than plain vanilla!
19. Bagels—Bagel shops and grocery stores make their bagels daily and that fresh yeast is just a real headache. Try Thomas’s New York Style Bagels, either plain or with sesame seeds. They taste fresh, they are a good size, and they freeze well.
20. American cheese—I’ve tried Clearfield and Land-O-Lakes. Both are ok.
21. Lunchmeat—Carolina makes ‘just perfect turkey breast’ with turkey and salt as the only ingredients. It is the only lunchmeat I found without nitrites or MSG. It can be frozen in sandwich serving size if you pack a lunch frequently.
22. Refried beans for tacos—El Rio makes refried beans that have no onions or MSG added.
23. Cookies—Homemade are great if you have the time. Try Keebler’s Sandies Swirl Cinnamon Shortbread cookies for that homemade taste without the fuss. Some vanilla crème wafers are ok too. Beware of cookies that are made with buttermilk.



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24. Chips—Regular potato chips are ok, as are Tostitos 100% white corn chips, but stay away from flavored chips and Pringles. Pringles starts their product with dehydrated potato flakes preserved with bisulfite to maintain color. This is not listed on the product because they buy the flakes and do not add the bisulfite themselves. They are only required to list that they do use potato flakes. This is a clue for all boxed mashed potato products.
25. Peanut butter—This is out but try homemade sunflower butter as a substitute. Start with 12 ounces of hulled raw sunflower seeds. Roast at 300 degrees for 7-10 minutes. Be careful. Over roasting can make the butter taste burnt and dry. Grind the seeds to a fine powder using a food processor or blender. Add about 1 Tbsp sugar and 1/2 tsp salt. Mix in 1/2 cup vegetable oil until smooth (more if needed). Store in refrigerator. Note: I carried some of this butter with me on a trip out west where refrigeration was not available. Even after 10 days, the butter tasted fine. So you can at least be comfortable packing a sunflower butter sandwich for lunch. Try marshmallow crème on the sandwich for a Fluffer Sunner!
26. Chicken broth—many recipes call for 1/2 cup chicken broth. There are no convenient canned products to help you. Canned broth contains MSG and often onions. I make my own chicken broth twice a year using leeks and then freeze the strained broth in one cup serving sizes. While I don't like the fuss of homemade broth, it is convenient to have on hand and allows me to use many recipes I'd otherwise have to give up. This same principle applies to homemade spaghetti sauce using the aforementioned Contadina products, leeks and Tbsp of brown sugar to counter bitterness.
27. Mayonnaise—A small amount on a sandwich is ok but if you want to make a creamy dressing for salad, it is better to use homemade mayo. Then, to 1/2 cup of homemade mayo, add a dash of garlic powder, Italian seasoning, 1 tsp white vinegar, a 1/8 tsp of finely chopped shallot, salt, and pepper and milk to desired thickness. This is the closest I could get to a ranch dressing
28. Ocean Spray makes a Lite Cranberry Juice that uses Splenda. It is only 40 calories per cup and tastes great!
29. There is one canned soup we can have: Campbell's Tomato Soup.

TIPS FOR EATING OUT

If you eat at fast food places, I know McDonald's does not season their burgers with MSG. I'm not sure about their grilled chicken. Mac sauce is out, but quarter pounders and double burgers are ok if you request 'no onions'. McD's fries are not seasoned so they are fine and vanilla or strawberry milkshakes are ok too. Same with Wendy's. Wendy's chili and taco meat has onions and probably MSG. The lettuce on the salad bar may have sulfites and of course the salad dressing has MSG. Watch the cheese in fast food because it is not best quality American—you



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can always ask for one slice of cheese instead of two on your burger. If you drink soda you will have to bring your own. Burger King scares me—their website shows that their grilled chicken is seasoned with MSG and so are their French fries. Their burgers are smoked, which isn't that great either. Stay clear of fast food soup.

I avoid pizza places and all Italian food places because the sauces contain onion and the bread or pizza crust is fresh baked. Salads are a problem because of the dressing, but can be eaten if they have plain oil and salt and pepper. They don't usually have white vinegar I've discovered.

Sub shops are a problem because of the fresh bread and lunch meat. Subway has grilled chicken on their menu but they season it with MSG. I thought the veggie wrap might work but they use the new low carbohydrate wraps which contain soy protein. When my kids want subs, I eat leftovers. (Be wary about all the new "Adkins diet products).

Stay away from bagel shops for lunch because they bake those yeasty bagels 10 minutes before they serve them. You can buy fresh bagels to bring home and eat 24 hours later.

Chinese food is all a problem.

At Ruby Tuesdays/Friendly's or other sit-down places, the safest thing is a burger without seasoning or onions and unseasoned fries. You need to be very clear about how you want your burger cooked. If I eat at a fancy place, I order steak that has not been tenderized or seasoned and a baked potato with butter and vegetables. Vanilla ice cream is usually available for dessert. Carry a tea bag to restaurants just in case their tea is not 'naturally decaffeinated'. Some restaurants will offer a plain chicken breast grilled in butter—that works fine.

Eating out is difficult and therefore has become less of something to look forward to. I can eat so many more things if I can control the preparation that I now prefer to eat at home. As a bonus, I get less calories and eat healthier, save money and get less headaches. Intellectually, it is a no brainer!

YOUR FIRST TRIP TO THE GROCERY STORE

(THIS LIST WORKS IN CONJUNCTION WITH THE MENU PLAN)

TEA - BEST BET: CELESTIAL SEASONINGS CHAMOMILE HERB TEA,

MORE RISKY: NATURALLY DECAF GREEN TEA (LIPTON) OR NATURALLY DECAF INSTANT COFFEE (TASTERS CHOICE). **MOST RISKY:** A NATURALLY DECAF DRIP COFFEE



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BOTTLED WATER OR SODA: MUG ROOTBEER, DIET RITE COLA, CAFFEINE-FREE COKE/PEPSI

QUALITY SLICED AMERICAN CHEESE: LAND-O-LAKES OR CLEARFIELD

FROZEN HAMBURGERS (ROLLS TOO!), COTTAGE CHEESE, BUMBLE BEE PRIME FILLET CANNED TUNA (NO BROTH ADDED)

CEREAL: LIFE, GOLDEN GRAHAMS, CHEERIOS, FROSTED FLAKES, SHREDDED WHEAT, UNCLE SAM

NEW YORK STYLE BAGELS: BUY CREAM CHEESE TOO!

KELLOGG'S CORN FLAKE CRUMBS TO BREAD PORK CHOPS/CHICKEN FINGERS ECT.

PORK CHOPS AND EITHER A WHOLE CHICKEN OR CHICKEN LEGS/THIGHS

EGGS, MILK, BREAD, CRACKERS, APPLE OR PEAR JUICE

VEGETABLES—FROZEN BROCCOLI AND/OR BRUSSEL SPROUTS. ALSO FRESH BABY CARROTS, FRESH TOMATO, CELERY, BAKING POTATOES

UNSEASONED FROZEN FRENCH FRIES: CANNED CORN OR CANNED PEAS

REGULAR PLAIN CHIPS AND REGULAR UNFLAVORED PRETZELS, SUNFLOWER SEEDS (NO NATURAL FLAVOR), POPCORN (NOT MICROWAVE)

STRAWBERRY OR VANILLA ICE CREAM. CARAMEL TOPPING

OLIVE OIL, DISTILLED VINEGAR AND BAGGED PRESERVATIVE FREE LETTUCE

FRUIT: APPLES, PEARS, STRAWBERRIES OR BLUEBERRIES, GRAPES AND CANNED PEACHES/PEARS

BLUEBERRY PIE, KEEBLER CINNAMON SHORTBREAD COOKIES

EASY MENU PLAN FOR THE FIRST THREE DAYS

DAY 1

Breakfast:

- Hot chamomile teas with sugar (if desired)
- Life cereal with milk –as many as you like



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- A sliced apple

Lunch:

- Grilled American cheese or regular cheese sandwich with lettuce and tomato
- Potato chips
- Caffeine free Pepsi or milk
- Keebler Cinnamon Shortbread cookies

Dinner:

- Roast chicken
- Baked potato with butter and salt
- Steamed broccoli
- Blueberry pie, made without lemon juice
- Water

Snack: Homemade popcorn

DAY 2

Breakfast:

- Hot chamomile tea
- 2 scrambled eggs with American cheese
- Toast with butter
- Pear or apple juice

Lunch:

- Tuna salad on crackers
- Mug Rootbeer or milk
- Canned or fresh pear

Dinner:

- Breaded pork chops—dip in egg, then Kellogg's Cornflake Crumbs, then fry in oil
- Canned sweet corn
- Salad with oil, vinegar, salt and pepper
- Water
- Vanilla ice cream topped with caramel sauce

Snack: Sunflower seeds without MSG or natural flavoring



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DAY 3

Breakfast:

- Hot chamomile tea
- Sesame bagel with cream cheese (and blackberry jam if desired)
- Milk
- Blueberries or strawberries

Lunch:

- Cottage cheese with canned peaches in heavy syrup
- Petite ready to eat carrots
- Pretzels
- Water, acceptable soda/juice/or milk

Dinner:

- Cheeseburger on roll, with tomato and ketchup if desired
- Frozen unseasoned French fries with salt
- Side salad, if desired
- Leftover blueberry pie from Day 1
- Water

Snack: Crackers with jelly or a small bowl of cereal

Meal Ideas

SOME BREAKFAST IDEAS

- Eggs and toast
- Pancakes with acceptable sausage
- French toast with maple syrup
- Minute oat meal with brown sugar



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- English muffin with butter and acceptable jelly
- Bagel (no raisins or dried fruit) and cream cheese
- Certain muffins (no raisins)
- Day old Danish/donuts

SOME LUNCH IDEAS

- Grilled American cheese sandwich
- Tuna salad made with acceptable tuna
- Turkey sandwich
- Homemade chicken salad on day old roll
- Homemade soup
- Green salad with acceptable vegetables and homemade dressing
- Homemade egg salad
- “Fluffer-sunner” sandwich made with sunflower butter and marshmallow
- American cheese with jalapeno peppers on club crackers
- Leftovers from dinner!

SOME DINNER IDEAS

- Chicken parmesan
- Tacos
- Sloppy Joes
- Shepherd’s pie
- Pasty—beef, potato and leek
- Chili---beef or hot sausage
- Chicken Cattiatore
- Chicken pot pie
- Beef stew
- Salmon with cranberry sauce
- Vegetable soup
- Crab corn soup
- Sweet potato soup
- Roast beef with vegetables
- Chicken wings
- Gnocchi with red sauce
- Breaded pork chops
- Chicken tenders
- Steak
- Cheeseburger/French fries
- Angel hair pasta with broccoli and shrimp
- Fish and vegetable medley
- Spaghetti with tomato sauce
- Roast chicken
- Chicken vinegar
- Hot sausage sandwich with green pepper and leeks
- Scallops and asparagus
- Beef stroganoff
- Deep dish pizza
- Pasta with bell pepper and hot sauce
- Crab cakes



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- Try breakfast for dinner:
- Pancakes with maple syrup and sausage
- Cheese blintzes with blackberry jelly
- French toast with vanilla and cinnamon
- Cheese and mushroom omelet with toast
- SIDE DISHES
- Baked beans
- Roasted vegetables
- Kugel
- Baked potato
- Mashed potato
- French fries
- Parsley potatoes
- Applesauce
- Sweet potato bake
- Baked corn
- Green bean salad
- Rice
- Buttered noodles
- Cornbread
- Potato pancakes (use shallots)
- Corn on the cob
- Creamed corn
- Scalloped potatoes
- Broccoli
- Cauliflower
- Carrots
- Salad with homemade dressing

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