

FOOD AND MIGRAINE

From basics to controversies

Diet is one of the first thing people with migraine will check to keep attacks at bay. As always, the no-one-size-fits-all approach applies. There are basic principles that should be followed by everyone, and more controversial aspects that could help some people with migraine but not others.

The Basics: everyone could benefit from these dietary habits



So many food triggers!

When my migraine started to get out of control, I started looking for food triggers. The lists online were overwhelming. What could I eat safely? I stopped eating so many things, I did not know how to feed myself anymore. Then I realized it did not make such a difference on my situation. I decided to stick to basic things, and reintroduced most foods. I realized that I could even eat chocolate. Overall, I eat better now.



Keep sugar levels stable: increase proteins and fibers

The typical North American breakfast includes a lot of carbs and fast sugars that may lead to a roller coaster of sugar blood levels. Include protein in every meal: eggs, greek yogurt, nut butters, protein smoothie, ham, chicken, fish, beans etc.... There are tons of delicious options.

Is fasting good for me?

Diets based on intermittent fasting are trendy now. They might not be good for people with migraine, since fasting is a powerful migraine trigger. Discuss this with a nutritionist.

How much water should I drink?

There is no easy answer to this question, but if you drink less than 6-8 cups of fluid per day you could probably increase. Water and herbal teas are the best fluids to really hydrate. Juices, sodas, alcohol, coffee and even tea are not as hydrating or even can dehydrate you.

Food triggers and elimination diets: what to do

We provide a page on our website on this topic that details the tyramine and histamine rich foods. Overall, remember that the majority of people with migraine are not sensitive to all food triggers. See our 3-level approach and consider the help of a nutritionist. Food diaries can be misleading as there are many other factors for each attack, especially if your monthly frequency is high.

What about lactose and gluten?

These days, it is not that difficult to replace lactose. Even gluten can be removed. If you want to try this, try it for 2 months with a diary, and observe the results.

Ketogenic diet: should I consider it?

The ketogenic diet has its pros and cons. Sometimes, the best option is simply to limit sugar as much as possible, without going into ketosis.