



Topic

Migraine Diets and Food Triggers

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Speaker

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## KEY TAKEAWAYS

- A healthy diet depends on what works best for an individual's needs.
- Many diets that are helpful in treating migraine have overlapping functions, and a combination of different diets may work best for you.
- Some diets, like the ketogenic diet, should be followed under the supervision of a medical practitioner for optimum safety.
- Caffeine, MSG, and alcohol have been shown in studies to definitively trigger headache and migraine.
- Many different diets can help with diseases and disorders often related to migraine and headache.
- Fasting, which is part of some religious observances, has been correlated with headaches.

## TREATMENTS CITED

DASH (Dietary Approach to Stop Hypertension)  
Gluten-free diet  
Ketogenic diet  
Low-carb diet  
Low-glycemic diet (low-GI diet)  
Paleo diet  
Plant-based diet (vegan, vegetarian)

## QUOTES

"What's healthy for your body is probably healthy for your brain and your migraine: So, I think that trying to minimize processed foods to the best you can; not eating sweets; eating foods that are high in good fats, like omega-3's, and foods that are low in omega-6's ... and basically eating lots of fruits and vegetables."

"Foods can contain certain fatty acids that increase inflammation, and certain fatty acids that reduce inflammation in the body."

"When they've done diary studies, what they found is that they can prove statistically that a dietary trigger is linked to a given person in less than 10% of cases, but that probably underestimates the effects of diet because that's just for each individual food."



## PRACTICAL STEPS

- Keep a diary of your potential food triggers to know what dietary changes you will most benefit from.
- Before starting a new diet, speak with your health care provider to determine the safest way to change your diet.
- Remember, what's good for your body is often good for your brain: Incorporate fresh foods, healthy fats, and vegetables of varying color and types, and limit sweets.
- Weight can contribute to creating more inflammation in the body — choosing healthy foods and being mindful of calories can help with weight concerns.
- It's not necessary to follow a single diet. Your migraine triggers and comorbidities should be taken into account when making your food choices.