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### The Headache(less) Diet

Foods to Eat	Foods To Avoid		Tips to Follow
<p>Boar's Head Brand meat and cheese (has no additives)</p> <p>Organic chicken broth – Pacific Foods Chicken Broth (has no MSG)</p> <p>Oil and Vinegar dressing – Brianna's French Vinaigrette (has no soy bean oil)</p> <p>Apples, pears, peaches, apricots, strawberries, watermelon and cranberries</p> <p>Carbohydrates from whole grains</p> <p>Ry-Krisp or plain Triscuits crackers (no flavorings other than salt)</p> <p>Green beans and other vegetables</p> <p>Cottage Cheese that doesn't have the "bad ingredients" in it</p> <p>Havarti Cheese</p> <p>Mozzarella Cheese</p> <p>Real American Cheese, including Kraft Deli Deluxe brand which is real cheese</p>	<p>Cheese that contains MSG</p> <p>Canned soups and broths (most contain MSG; a few in the organic aisle <b>don't</b> say MSG or natural flavoring and those are OK)</p> <p>Dressings containing the "bad ingredients" (listed below)</p> <p>Citrus fruits and juices, bananas, grapes, pineapple, mango, papaya, cantelope, avocado</p> <p>Minimize simple sugars or white flour carbohydrates</p> <p>Crackers made with soy bean oil</p> <p>Soy sauce, A-1 sauce and Worcestershire sauce</p> <p>Protein bars and drinks (contain too many additives)</p> <p>Gatorade, Kool-aid and most sodas (a little caffeine-free ginger ale is OK)</p> <p>NutraSweet, Chocolate, Caffeine (may drink no more than 1 cup of coffee per day—preferably not the strong stuff at Starbucks and avoid the "shots" of extra caffeine)</p> <p>All alcoholic beverages</p>	<p>Minimize tomatoes, onions, dry beans, kidney beans, chick peas, nuts (Minimize means just that; you can have a little but not a lot, and some people are very sensitive to onions and have to avoid altogether)</p> <p>"Bad Ingredients": avoid ingredients that include glutamate, which includes yeast extract, caseinate, gelatin, gums, hydrolyzed vegetable protein, malt or barley extract, modified food starch, maltodextrin, monosodium glutamate or (MSG), "natural" flavor, smoke flavoring, all soy products and whey.</p> <p><b>THIS IS A BIG ONE</b> - almost all migraine patients are sensitive to artificial sweeteners so these must be 100% avoided.</p> <p>This Means No:</p> <ul style="list-style-type: none"> <li>▪ NutraSweet</li> <li>▪ Splenda</li> <li>▪ Sweet 'n' Low</li> </ul>	<p>Drink 2 liters of water or seltzer water per day (not Propel water, which has additives)</p> <p>You want to increase the protein in your diet and decrease carbohydrates</p> <p>Eat a high-protein breakfast every day. Not protein bars or drinks, but rather:</p> <p>Eat a natural protein every 3-4 hrs. like eggs, meat, cheese or cottage cheese—Mozzarella cheese sticks are a good portable snack for mid-morning AND mid-afternoon</p> <p>The best cold cuts without additives are Boar's Head brand—plain roast beef and low-salt turkey only; we don't want the flavorings that are in the mesquite or smoked turkey, or the Italian flavored roast beef, or the nitrites in any of the hams or pastrami, etc, even in Boar's head brand.</p> <p>Examine your salad dressings for the "bad ingredients" listed on the front page.</p> <p>When eating out try simple oil and vinegar.</p> <p>In the grocery store one that doesn't contain soy bean oil is Brianna's French Vinaigrette.</p>