

**Tabla de Dieta para la Migraña**

| Categoría                         | Evite, reduzca o limite lo que come/bebe                                                                                                                                                                                                                             | Está bien comer/beber                                                                                                                                                    |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Caffeine</b>                   | No more than <b>2 servings per day</b> . Do <b>not vary the amount or timing</b> from day to day.<br>Sources include: <b>Coffee, tea, soft drinks, Mountain Dew, Sunkist.</b><br><b>Medications:</b> Anacin, Excedrin                                                | Decaffeinated coffee, herbal tea or green tea, caffeine-free sodas, fruit juice                                                                                          |
| <b>Snacks/Desserts</b>            | Chocolate, nuts (especially peanuts), peanut butter, seeds                                                                                                                                                                                                           | Fruits (see below), sorbets, ice cream, cakes, pudding, gelatin, sugar, jam/jelly, honey, hard candies, cookies (without chocolate or nuts)                              |
| <b>Alcohol</b>                    | <b>A</b> Avoid completely. Especially avoid: ale-type beers, Burgundy wine, Chianti, malt beers, red wine, sherry, vermouth. Some medications contain alcohol (NyQuil).                                                                                              | Non-alcoholic beverages                                                                                                                                                  |
| <b>Dairy</b>                      | Aged cheeses: Brie, blue, Boursault, brick, Camembert, cheddar, Emmental, Gouda, mozzarella, Parmesan, provolone, Romano, Roquefort, Stilton, Swiss. Buttermilk, chocolate milk, sour cream. Eggs and yogurt should be limited to 2–3 times per year.                | Other cheeses: American, cottage, cream cheese, fresh cheese, ricotta, Velveeta. Milk. Egg substitute.                                                                   |
| <b>Cereals and Grains</b>         | Fresh breads and yeast products, fresh bagels, fresh donuts, yeast extract, brewer's yeast, sourdough bread (freezing may inactivate the yeast).                                                                                                                     | Commercial breads (white, wheat, rye, multigrain, Italian), English muffins, crackers, rye, toast, bagels, potatoes, rice, spaghetti, noodles, hot or cold cereals, oats |
| <b>Meats</b>                      | Aged, canned, cured, or processed meats (mortadella, pepperoni, salami, other cold cuts), pickled meats or fish, salted or dried meats or poultry, hot dogs, sausages, jerky.                                                                                        | Fresh/unprocessed meats, poultry, fish, lamb, pork, veal, tuna.                                                                                                          |
| <b>MSG (monosodium glutamate)</b> | Avoid glutamate in all its forms: MSG, "natural flavor," "flavor enhancer," etc. Soy sauce, foods with "hydrolyzed proteins" or "autolyzed yeast," canned soups, bouillon cubes, "Accent," meat tenderizers, seasoned salts. Pickled, preserved, or marinated foods. | Salt and other spices, butter, margarine, cooking oil, white vinegar, salad dressings (in small amounts).                                                                |
| <b>Sweeteners</b>                 | Aspartame (Equal, NutraSweet)                                                                                                                                                                                                                                        | Sucrose (sugar), high fructose corn syrup                                                                                                                                |

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| <b>Vegetables</b> | Broad beans, lima beans, Italian beans, lentils, snow peas, fava beans, navy beans, pinto beans, pea pods, sauerkraut, chickpeas, onion, olives, pickles.         | Asparagus, beetroot, broccoli, carrots, corn, lettuce, squash, spinach, zucchini, green beans, tomatoes (all others not listed). |
| <b>Fruits</b>     | Avocados, figs, papaya, passion fruit, raisins, red plums. Limit bananas, citrus fruits, and juices (orange, lemon, lime, grapefruit, mandarin) to ½ cup per day. | Apples, berries, peaches, pears, prunes, fruit cocktail.                                                                         |