



Vasoconstrictive Foods are foods that can possibly cause pain, stiffness and soreness. If you are a chronic pain sufferer, it is best to avoid these foods.

Vasoconstrictive – causing constriction of blood vessels; a binding or squeezing of a part; the narrowing of a vessel or opening as constriction of blood vessels.

Alcohols

All alcohol drinks including Liqueurs
(Particularly Red Wine)
Products containing alcohol

Breakfast Cereals

All cereals except those which are cooked

Chocolate

Avoid all chocolate

Coconut

In any form

Dairy Products

All cheeses except yogurt, cream cheese and cottage cheese
Cow's buttermilk, Ice cream, frozen custards, Sour Cream

Drinks

All kinds of soda – including cream soda, fruit and diet soda
Coffee and Tea

MSG (Monosodium Glutamate)

Any food that contains MSG such as barbeque sauces, many types of chips,
Canned soups, Oriental foods, soy sauce, Frozen Pizza, Gelatins,

Frozen dinners, Dry roasted peanuts, Relishes, Seasonings
Salad Dressings, Bouillon Cubes, Bread Stuffing
(Be sure to check labels)

Nitrites & Nitrates

Bacon, Ham, Sausage (most kinds), Hot Dogs, Luncheon meats (most),
Deviled Ham, Cold Cuts, Canned meats, Pork and Beans,
Smoked Fish, Corned Dogs
(Check food labels)

Salted Foods

Any product containing salt

Sugar Products

Candy, cakes, pies, cookies
Any product contain sugar

Avoid excessive use of **Caffeine**. It is considered a Vasoconstrictive product. Caffeine withdrawal can cause a Headache (lasting for several days) but will cease. However, it is noted that in cases of sever headaches, caffeine is often used. It is an added ingredient in numerous over the counter pain relieving products.

Avoid the use of **Aspartame** (Phenylalanin) (NutraSweet). Contains Methanol. Can possibly cause Central Nervous System problems.