



HEADACHE TRIGGER FOODS

DoctorsforPain.com

(Foods to Avoid for some types of Headaches)

FOODS CONTAINING MSG

ACCENT SEASONING
BACON BITS
BAKING MIXTURES
BOUILLON CUBES
BREAD STUFFING
CANNED MEATS
CHEESE DIPS
CLAM CHOWDER (Canned)
CORN CHIPS
CROUTONS
DRY ROASTED PEANUTS
FROZEN DINNERS
FROZEN PIZZA
GELATINS
ORIENTAL FOODS
POTATO CHIPS
POT PIES
PROCESSED MEATS
RELISHES
SALAD DRESSINGS
SALT SUBSTITUTES SEASONINGS
SOUP (Canned)
SOY SAUCE

FOODS CONTAINING NITRATES

BACON
BRATWURST BEEF JERKY
CORN DOGS
HAM
HOT DOGS
LUNCH MEATS
LIVERWURST
PASTRAMI
PORK AND BEANS
SALAMI
SAUSAGE
SMOKED FISH
SPAM
TURKEY LUNCH MEATS

OTHER FOOD TO AVOID

YOGURT
Preserved, Pickled or Marinated Foods
CHOCOLATE
ALCOHOL (Particularly Red Wine)
FOODS CONTAINING TYRAMINE
(Check labels)