

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

IRRITANT FREE (MIGRAINE) DIET

Instructions

Patients are encouraged to eat meals on a regular schedule and to avoid prolonged fasting as this can exacerbate migraine headaches.

Dietary Plan

Migraine Diet	Foods Allowed	Foods to Avoid
Beverages	Decaffeinated coffee, tea, colas, limit caffeine sources to 2 cups per day	Alcoholic beverages, wine, ale, beer
Milk	Homogenized, skim, 2% milk	Chocolate milk, buttermilk
Dairy products	Cottage cheese, cream, Velveeta or synthetic cheese, yogurt in half-cup portions or less	Aged and processed cheese including Cheddar, Swiss, Mozzarella, Parmesan, Romano, Brick, Brie, Camembert, Gouda, Gruyere, Emmentaler, Stilton, Provolone, Roquefort, Blue cheese, and foods containing cheese (pizza, macaroni and cheese), yogurt, sour cream
Meat and meat substitutes	Freshly prepared meats, eggs	Aged, canned, cured, or processed meats and those containing nitrates, nitrites, or commercial meat extracts, pickled or dried herring, chicken livers, sausage, salami, pepperoni, bologna, hot dogs, peanuts or any meats prepared with tenderizers, soy sauce, or yeast extracts
Bread and bread substitutes	All except those on avoid list; commercial bread	Homemade yeast breads, fresh coffee cake, doughnuts, yeast and yeast extracts, sour-dough breads, breads or crackers containing cheese, chocolate, or nuts