



# COASTAL HEADACHE CLINIC

*Compassionate Headache and Migraine Care*

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## COMMON MIGRAINE TRIGGERS

### **COMMONLY REPORTED NON-FOOD TRIGGERS:**

Fasting or missed meals  
Alcohol  
Oral contraceptives and hormone therapies  
Caffeine  
Stress  
Changes in sleep or lack of sleep  
Menstruation  
Fatigue  
Weather changes  
Head trauma  
Bright light such as sun exposure  
Loud noises  
Smoke and strong scents

### **COMMONLY REPORTED FOOD TRIGGERS:**

Chocolate  
Aged cheeses  
Cured and processed meats with nitrites  
Dairy products such as sour cream, yogurt, buttermilk  
Monosodium glutamate  
Aspartame and other artificial sweeteners  
Tyramine  
MSG  
Citrus fruits  
Gluten  
Beans  
Onions or onion powder  
Nuts (including coconut)  
Dried fruits and over-ripe or fermented fruits  
Soy products

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