

Vestibular Migraine Diet

FOODS TO AVOID

Caffeine

Coffee, including normal decaf

Chocolate, except white

Black, green, and caffeinated teas

Tyramine

Tyramine is an amino acid that is present in our bodies, but too much has been found to trigger a migraine. Tyramine is found in:

- Aged cheese
- Aged meats
- Sauerkraut
- Fermented foods
- Yeast & yeast extract
- Soy sauce
- Sauces that contain fish or shrimp
- Beer on tap
- Red wine
- Leftovers
 - anything that is stored after being prepared, except when frozen, builds up tyramine.

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Histamine

Histamine is the "allergic reaction" hormone our bodies produce naturally. It is broken down by an enzyme called DAO. People with migraine are often deficient in DAO. Avoiding histamine-containing foods may be a good idea. Histamine is found in:

- Fermented foods and beverages
 - Alcohol, yogurt, kimchi, other fermented dairy
- Avocados
- Shellfish
- Eggplant
- Spinach
- Dried fruits

Other foods may trigger histamine release within your body:

- Alcohol
- Bananas
- Tomatoes
- Wheat germ
- Chocolate
- Most beans
- Papaya
- Citrus fruits
- Nuts (especially walnuts, cashews & peanuts)
 - Including flour, milks, and powders
- Food dyes

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FOODS TO AVOID

Monosodium Glutamate

- Anything that uses the word "hydrolyzed"
 - Meat, processed vegetables, etc.
- Yeast or yeast extract
- Anything that uses the word Autolyzed
 - Yeast "Natural Flavor or Flavoring" - beef, chicken, vegetable etc. Commonly found in broths, stocks, and bouillon cubes. Be especially careful with savory foods over sweet. Soy protein concentrate + Soy protein isolate
- Textured protein
 - Whey, Pea, or protein "fortified" items
- Anything malt, malted, maltodextrin
- Carrageenan
- Kombu (seaweed extract) + Ajinomoto + Umami Sodium or calcium caseinate
- Anything "glutamate" or "monosodium glutamate" (E621-625)
- Glutamic acid (collagen peptides and nutritional yeast)
- Gelatin
- Fermented or cultured items
- Anything called Ultra pasteurized
- Enzyme modified items
- Nonspecific "seasonings" or "spices"

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FOODS TO AVOID

Other Food categories & specifics

- Nuts
 - Nuts, Including butters, powers, milks, & sauces are not allowed.
- Fruits
 - Some fruits, like citruses, papaya, red plums, raspberries, passionfruit, figs, bananas, avocados.
- Legumes
 - Lime beans, pea pods, cranberry, lentils, mung beans, garbanzo/chickpeas, black eyed peas, peanuts
- Soy
 - Soy sauce, soy protein, soy products, tofu, tempeh
- Onions
 - Red, white, and sweet onions.
- Sulfites
 - Wine, dried fruits (raisins, dried apricots, etc.), anything containing "sulfite" in the ingredients list
- Fake sugar
 - Aspartame, saccharin, Sweet n' Low, Sucralose/Splenda, etc.
- Leftovers
 - Foods cooked up to 2 days prior to consuming and stored, unless stored In the freezer.

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FOODS ALLOWED

Other Food Categories & Specifics

- **Most vegetables**

- Asparagus
- Artichokes
- Broccoli/broccolini
- All peppers
- Fresh beets
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Chard
- Chives
- Chicory
- Endive
- Eggplant,
- Garlic
- Green beans
- Kale
- Leeks
- Spring onions
- Mixed greens
- Mushrooms
- Okra
- Pea shoots & micro-greens
- Parsnips
- Potatoes,
- Rabe
- Romaine
- Radish
- Rutabaga
- Rhubarb
- Scallions
- Spinach
- Sprouts
- Turnips
- Tomatillos
- Watercress
- Zucchini

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FOODS ALLOWED

Other Food Categories & Specifics

- **Meats**

- Try to buy organic, no added stock, spices, or water
- Chicken
- Ground Beef
- Steak
- Lamb
- Duck
- Eggs (sometimes a trigger)
- Turkey (beware of additives)
- Pork (sometimes a trigger)
- Fish (fresh, wild caught)
- Shrimp
- Lobster
- Calamari
- Crab

- **Cheeses**

- Fresh, without additives
- Cream cheese (without additives)
- Cottage Cheese
- Farmer's cheese
- Fresh Mozzarella
- Fresh Goat cheese (aka Chèvre)
- Boursin cheese
- Queso fresco
- Oaxaca
- Milk (whole is best)
- Half & Half
- Heavy cream
- Ice cream (without additives)

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Other Food Categories & Specifics

- **Beans**

- Kidney Beans
- Black Beans
- Great Northern Beans
- Pinto Beans
- Black Eyes Peas

- **Grains**

- Rice
- Quinoa
- Farro
- Oats
- Polenta
- Cous Cous
- Buckwheat
- Additive free cereal
- Wheat
- Sorghum
- Sugar (except brown sugar can be a trigger)

- **Fruits**

- **Most non-citrus fruits are safe!**
- Apples
- Apricots
- Blackberries
- Blueberries
- Cantaloupe,
- Cherries
- Cranberries
- Grapes
- Melon
- Mangoes
- Nectarines
- Peaches
- Pears
- Strawberries
- Watermelon

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Other Food Categories & Specifics

- **Condiments**

- Distilled white vinegar
- Some dijon
- Sumac
- Mayo (homemade or without additives)
- Olive oil
- Cooking oils
- Ghee
- Butter without natural flavors
- Vanilla
- Honey
- Agave
- Pure maple syrup

- **Drinks (alcoholic)**

- *Some can tolerate alcoholic beverages, these are tolerated best*
- Good vodka
- Blanco Tequila
- Dry white wine

- **Drinks (non-alcoholic)**

- Sparkling water
- Swiss water processed coffee
- CO2 processed decaf coffee
- Rooibos tea
- Ginger tea
- Turmeric tea

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Other Food Categories & Specifics

- **Bread**

- *Bread is tolerable when:*
- It is unleavened, made without yeast
- 2+ days old
- Not fermented (ie sourdough)
- An exception to the rule "fresher is better"

- **Seeds**

- Chia
- Flax
- Hemp
- Sunflower (and sun butter),
- Sesame,
- Pumpkin seeds/pepitas, Poppy seeds

- **Spices**

- *Almost all natural, whole, spices are safe.*
- Be sure they are without additives, hidden MSG, or other "natural flavors"