

### **HEADACHES (Migraine Causing Foods)**

Headaches are common problems for children. If they occur in the middle of the night or awaken a child in the morning, we have more concern than for headaches that develop in the afternoons. Kids commonly do not eat enough for breakfast or during the day, and they frequently do not drink enough fluids during the day. Many headache episodes follow a poor night of sleep. Many episodes of headache can be eliminated by eating enough, drinking enough and getting enough sleep. Headache prone people, especially with migraines, often have problems because of diet (please see below). Many headaches get more severe because treatment is delayed. Migraine headaches are on the same continuum as tension headaches (migraines are a more severe form but the mechanism for their production is the same). Adults with migraine usually have the one sided headache classical for migraine but young children do not. It is frequent to have nausea or vomiting, visual disturbance, and light sensitivity. We recommend acetaminophen as the first line for treatment regardless of whether the headache seems to be caused by migraine or not. Staying in a quiet cool place, perhaps with the lights out, is helpful as well. We recommend consulting us for frequent headaches or severe ones, or if a night time pattern is noted.

#### **Migraine Causing Foods:**

- Ripened cheeses, such as cheddar, gruyere, stilton, brie, and camembert
- Chocolate
- Vinegars (except white vinegar)
- Sour cream, yogurt
- Nuts (peanut butter)
- Hot fresh breads, raised coffeecakes, and doughnuts
- Lima beans, navy beans, and pea pods
- Monosodium glutamate
- Canned figs
- Bananas
- Pizza
- Pork
- Fermented sausages, bologna, pepperoni, hot dogs
- Food dyes
- Sauerkraut
- Caffeine