

## Allowed Migraine Foods and Drinks

### **Beverages:**

Apple juice

Pear juice

Cranberry juice

Dandelion tea

Most herbal teas

Ginger ale

Fresh Young Coconut water/juice

Filtered or pure spring Water

### **Breads and Grains: (Ignore if Gluten Intolerant or Celiac)**

(NO SOY or Soy additives)

Bagel

Corn tortillas

English Muffins

Flour tortillas

French bread

French Rolls

Gluten Free bread, wraps and rolls

Hamburger buns

Italian bread

Muffins

Pita Bread

## **Cereals, Crackers and Cookies:**

Gluten Free Muesli

Rice cakes

Corn Cakes

Gluten Free, Plain Corn Chips

Gluten Free Crackers

Home made coconut macarons made with honey

Home made cookies with allowed food ingredients

## **Dressings, Sauces, Gravy, Jams and Vinegar:**

Apple sauce

Apple Cider Vinegar

White Vinegar

Chilli sauce

Cranberry sauce

Fruit jelly (allowed fruit only) low raw or natural sugars

Jams with allowed fruit, home made or organic

Ketchup (Gluten Free)

Mustard (Gluten Free)

Pizza sauce

Gluten Free Spaghetti sauce

Home made gravy – beef, chicken with gluten free flours

Home made dressings are best – from olive oil, vinegar and herbs.

## **Fresh Fruits and Berries:**

Apples

Pears

Apricots

Blueberries

Canned or dried allowed fruit – no monosodium glutamate or sulphites

Cherries

Coconuts – fresh coconut water is particularly good for hydration and potassium.

Cranberries

Peaches

Prunes

Raspberries

Strawberries

Melons: Watermelons, Cantaloupe.

**Things to eat occasionally:**

Carrots

Corn

Popcorn

Ice cream

Gluten free pasta

Gluten free macaroni

Potatoes

Peas

Rice – all – brown, white, wild

Rice pudding

## **Dairy Products:**

OK Cheeses are: American cheese, cottage, cream, farmers, mozzarella, fresh goat cheese (not aged), and ricotta.

Butter

Eggs

Cream and milk (if you can tolerate these)

Some organisations allow yogurt. I do not!

## **Meat, Poultry and Seafood:**

Beef

Chicken

Crab

Deli meats without nitrites - cut fresh off the bone – chicken, roast beef, turkey

Fish

Pork, fresh no bacon or ham (no smoked)

Lamb

Lobster

Salmon

Scallops

Shrimp / Prawns

Clams

Turkey

Veal

Canned – water packed – Salmon, Tuna and Chicken

## **Fresh Vegetables:**

Asparagus

Broccoli

Brussel sprouts

Cabbage

Cauliflower

Celery

Chillies (red or green)

Cucumber

Eggplant

Garlic

Green beans

Jalapeno peppers

Lettuce

Olives (debateable)

Peppers (green, red and yellow) aka capsicum

Pumpkin

Radishes

Spinach

Squash

Sweet potatoes

Sea vegetables – arame, kombu, nori, etc.

Tomatoes (all)

Yams

Zucchini

**Miscellaneous:**

(NO MSG or SOY based products)

Baking powder

Baking soda

Baking yeast

Bottled water

Caffeine (2 serves of less than 100mg per day)

Cooking spices

Garlic cloves and powder

Honey

Olive oil

Onions – flakes and powder – AVOID raw onion

Pepper – All black, cracked, red paprika, etc.

Salt – Celtic or natural sea salt. Not table salt.

Seafood cocktail sauce

Spaghetti sauce

Tabasco sauce

Tomato juice

Tomato paste

Vanilla extract

Vanilla beans

Wasabi – fresh and powdered

Umeboshi plums

Kuzu powder

**Fresh Nuts and Seeds: (If not allergic!)**

(Not dry roasted – fresh only and can heat them yourself in oven)

Almonds

Flax seeds

Sesame seeds

Sunflower seeds

**Dried Beans:**

Lentils

Fava

Broad beans

Kidney beans

**Soups:**

Home made from all allowed vegetables.