

MIGRAINE TRIGGER CHART

Even though the actual cause of migraines has not been determined, certain foods and physical/emotional situations may help set off, or trigger, migraines.

Knowing what your individual triggers are and discussing them with your doctor is an important part of understanding and treating migraines. Being aware of what triggers your migraines can help you potentially avoid them. Migraines can start on their own and may not always involve triggers.

COMMON POTENTIAL MIGRAINE TRIGGERS^{11,12}

Lifestyle	Food	Physical	Environmental
Emotional stress	Chocolate	Menstrual cycle or other hormonal changes	Weather or seasonal changes
Depression	Nuts, peanut butter		Travel through different time zones
Too little sleep	Cheese, yogurt, sour cream		Odors or pollution
Exercise or overactive	Red wine or other alcoholic drinks		Bright light
Skipping meals/fasting	Processed meats		
	Monosodium glutamate (MSG)		