

MIGRAINE TRIGGER CHART

A quick guide to common migraine triggers.

Use this handy guide to help identify potential migraine triggers. Migraine triggers can vary from person to person. You should try to identify any potential migraine triggers you have, so you can work to avoid them. Knowing what your potential migraine triggers are and discussing them with your doctor is an important part of understanding and managing your migraines.

It is important to note that migraines can start on their own and may not always involve triggers.

common potential migraine triggers			
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 or changes in sleep	Cheese, yogurt, sour cream		Odors or pollution
Exercise or overactivity	Red wine or other alcoholic drinks		Bright light
Skipping meals/fasting	Processed meats		
	Monosodium glutamate (MSG)		
	Coffee in excess		