

CNMRI_{PA}

NEUROLOGY • SLEEP DISORDERS CENTER • PHYSICAL MEDICINE • REHABILITATION
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DIET AND TIPS FOR THE PATIENT WITH HEADACHES

Your main goal is to avoid foods containing tyramine. Tyramine content may vary among brand names available in the market because of preparation, processing or storage. It is best to eat only freshly prepared foods to avoid the risk of eating foods that may have been aged, fermented, pickled or marinated. Tenderizers, monosodium glutamate, nitrate or nitrite compounds are likely to be provoking agents. It is important to read labels carefully when shopping and ask questions when eating out.

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Caffeine sources to be limited to two cups daily include coffee, tea and colas.	Alcoholic beverages, wines, ale and beer.
Milk	Homogenized, skim and 2%.	Chocolate and Buttermilk.
Dairy Products	Cottage cheese, cream cheese, American cheese, Velveeta or synthetic cheese. Yogurt in 1/2 cup portions or less.	Aged and processed cheese: include Cheddar, Swiss, Mozzarella, Parmesan, Romano, Brick, Brie, Camembert, Gouda, Gruyere, Emmentaler, Stilton, Provolone, Roquefort, Blue and cheese containing foods (pizza, macaroni and cheese) yogurt and sour cream.

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Meat and Meat Substitutes	Fresh prepared meats and eggs.	Aged, canned, cured or processed meats, Those containing nitrates or nitrites, commercial meat extracts, pickled or dried herring, chicken livers, sausage, salami, pepperoni, bologna, frankfurters, pates, peanuts and peanut butter, marinated meats; any prepared with tenderizers, soy sauce or yeast extracts.
Bread and Bread Substitutes	All except those on avoid list. Commercial bread.	Homemade yeast breads, fresh coffee cake, doughnuts, yeast and yeast extracts, sourdough breads, breads and crackers containing cheese, and any containing chocolate or nuts.
Fruits	All except those to avoid. citrus fruits (oranges, grapefruit, pineapple, lemon, lime) are limited to 1/2 cup serving per day.	Canned figs, raisins, papaya, passion fruit, avocado, red plums, 1/2 banana allowed
Vegetables	All except those on avoid list.	Italian broad beans, Fava beans, lima, navy, and pea pods, sauerkraut, onions except for flavoring.

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
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Desserts	All except fresh yeast-raised deserts or those containing chocolate.	Any with chocolate.
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Miscellaneous	White vinegar, commercial salad dressings in small amounts.	Brewer's yeast, chocolate, soy sauce, monosodium glutamate, meat tenderizers, papaya products, Accent, Lawry's and other seasoning salts, soup cubes, canned soups, frozen TV dinners. some snack items containing items to be avoided. Read all labels.
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Avoid all alcoholic beverages.

This diet was formulated courtesy of National Headache Foundation.

Tips to Help with the Control of Headaches

- Get 7-8 hours of sleep each night. Don't oversleep.
- Don't skip meals.
- Avoid bright sunlight or use dark sunglasses.
- Handle stress constructively.
- If you feel a headache beginning:
 - Stop what you are doing and relax.
 - Lay down in a dark, quiet room for twenty to thirty minutes.
 - Use an ice pack or cold compress over the forehead.
 - Take your medication as directed, if you are to use one.

If the headache is severe, unremitting, sudden in onset or associated with sudden neck stiffness, call us immediately. Our answering service is available 24 hours a day.

Visit our website for more information: www.cnmri.com.

Headache Diary							
Date							
Preceding symptoms: vision changes, dizziness, fatigue, numbness, tingling, slurred speech							
Pain Severity Scale: Rate 1-10 where 10 is the most severe							
Description of pain: throbbing, stabbing, pounding, dull ache, pulsating, increased pressure							
Location of pain: side of head, front of head, both sides of head, back of head, behind eye							
Symptoms experienced: nausea, vomiting, sensitivity to light/noise, dizziness, fatigue, numbness/tingling, speech difficulties							
Duration of headache: minutes, 1-2 hours, 2-4 hours, 4-8 hours, 8-14 hours, more than 24 hours							

<p>Triggers: changes in sleep patterns, (missed sleep or oversleeping), missing a meal, light, heat, odors, noise, stress, weather changes (cold or humid), hormonal changes, physical factors (overexertion such as bending), foods, excessive amounts of medications.</p>							
<p>Medications: include name and dose ----- rate relief 1-5 with 5 for complete relief.</p>							
<p>Other treatments: sleep, darkness, heat, ice, relaxation, biofeedback, herbal remedies. ----- rate relief 1-5 with 5 for complete relief.</p>							
<p>Lifestyle impact: everyday activities, missed work, missed school.</p>							
<p align="center">Please complete this headache diary and bring to your next visit</p>							