



HEADACHE FOODS, FOODS WITH TYRAMINE AND
FOODS TO EAT IN MODERATION

HEADACHE FOODS

1. Cola
2. Tea
3. Coffee
4. Lettuce
5. Nitrite – (watch fermented sausage-processed meats such as bologna, salami, pepperoni, summer sausage, hot dogs, ham).
6. Chocolate
7. Peanuts – nuts, peanut butter, seeds (sunflower, sesame, pumpkin, etc)
8. Beer, wine Liquor
9. Ripened cheeses especially Cheddar, Emmentaler, Gruyere, Stilton, Brie and Camembert.
10. Leeks
11. Onion garlic
12. Vinegar – except white vinegar
13. Any fermented, pickled or marinated food
14. Sour cream, yogurt
15. Pods of broad beans – lima, navy, pinto, garbanzo and pea pods
16. Raisins
17. Papayas
18. Pizza
19. Avocados
20. Pork

FOODS WITH TYRAMINE

1. Chicken livers
2. Herring



3. Red wine, Champagne
4. Cheddar Cheese
5. MSG – Monosodium Glutamate (preservative) example: Chinese foods
6. Canned figs

FOODS TO EAT IN MODERATION

1. Citrus fruits (no more than one serving per day)
2. Bananas (no more than ½ banana per day)