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Vertigo Tales and Tastes

Getting VERTIGO Under Control -- Some Solutions to Consider For SILENT MIGRAINE - M
MAV

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Wednesday, August 5, 2015

LOST AND FOUND: WHAT TO EAT

**"Break it to me gently, let me down the easy way....
Oh give me a little time to ease the
pain" Brenda Lee**



Many of the TRIGGERS are difficult to control. Probably the easiest, but the most emotional, is food. We should be able to say "no" or "yes" to what we consume, to when and in what quantities. But I have to tell you, it takes many people, on average, 3 years to wrap their head around all of these deletions (as well as all of the other triggers). Once again I am sorry to announce that we are no longer carefree as we move through the day. I really wish I could have real coffee, but I can't.

For this program to work, we need to be on a strict elimination diet for 3 months. We must eliminate (**lose**): foods with tyramine, MSG in all forms, caffeine, alcohol,

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artificial sweeteners and other chemicals like nitrates. (You can do this). Some of it is not forever and hopefully you will be able to stop spinning, vomiting and staying away from activities you enjoy. Once you have significantly reduced vertigo from silent migraine (and headaches if you have them) by eliminating triggers and raising your threshold or tolerance level, then you can try adding small amounts of particular foods you enjoy. We rotate them, not having them all everyday. This will be like the "maintenance" part of any diet. You are not on South Beach or Paleo or Weight Watchers; you are on the vertigo/migraine diet. It is strict at first and then it relaxes a bit.

I have "found" some safer products in my travels through many markets around town and on the web and I will continue to add more for you. I always look for fresh items (except just-baked bread) with the fewest ingredients. I look for Non-Gmo and rBST free when possible. If there is a paragraph of ingredients, we probably cannot have that item. My code for stores in my area:

(R) Ralphps/Kroeger (A) Albertson's (TJ) Trader Joe's

(WF) Whole Foods (AM) Amazon (C) Costco (V) Von's

INGREDIENTS CHANGE SO ALWAYS CHECK THE LABELS

CAFFEINE: You must "lose" all the caffeine products for 3 months or more. This means coffee, tea and soda. Later you can add small amounts, but not now. You can try decaffeinated coffee and tea but be careful. You need to find water processed or CO2 processed decaf, otherwise you are ingesting chemicals. Call companies and ask questions. Try only one cup and see if you have any issues. [\(Click Here for Caffeine Content\)](#)

FOUND: **Starbuck's** Decaffeinated Sumatra (water processed) 9/1/16: Starbucks reports 15 mgs of caffeine in one cup of brewed decaf made with one measure (2Tbs)of Sumatra.

Peet's Mocha Java Decaffeinated (water processed)

Mario Batali Amalfi Blend Decaffeinated (Target) **S &**

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W Swiss Water Processed Decaf (Walmart)

Allegro Decaffeinated Coffee is Swiss Water Processed, 99.9% caffeine free (Whole Foods)

****Mount Hagen** Fair Traded Instant CO2 Decaf Coffee (AM,WF) Less caffeine in instant than brewed. Good for travel. (THIS IS THE ONLY DECAF I CAN TOLERATE)

Rooibus Tea - Not Chai, just plain. Make it strong and put a little Aqave Sweetener in it. Yum. Drink it all day. (TJ, Amazon,R - Numi, Peet's, and best at Le Pain Quotidien)

Herb Teas not flavored with citrus or artificial flavors or "Natural Flavors"

Hansen's Root Beer and Cream Soda (TJ, R, V, A)

Twinings Naturally Decaffeinated Irish Breakfast Tea (R)

Fair Traded Org. French Decaf - Water Processed Whole Bean (TJ)

CHOCOLATE: "Lose" this for 3 months. Yep. During maintenance you can try small amounts and weigh the results. I am okay with a square of good chocolate like Valrhona 71% Dark (with real vanilla) or a few Ghiridelli semisweet chips in homemade cookies. Vanilla is real. Try one cookie, NOT EVERYDAY. Small portions - just a taste -

that's the key. **The darker the chocolate, the more caffeine.** * **(Click Here for Sources of Caffeine - click arrows only to avoid ad nightmare)***
(Click Here for Caffeine Levels in Dark to Milk chocolate)

FOUND: **White** Chocolate (I know, I know)

Caramel Sauce on Ice Cream (TJ Fleur De Sel, YUM)

Smucker's Dolce Du Leche Sauce (R)

Occasionally (during Maintenance) I have had good luck with 2 t. Organic Midnight Moo Chocolate Sauce (TJ)

NUTS: Lose all nuts and Peanut Butter for 3 months. During maintenance, try rotating a small amount. Just a little for a taste craving. Watch out for other trigger ingredients in store bought PB.

FOUND: **Sunflower Seed Butter** (TJ) For cookies and

toast.

Jiff Natural Creamy PB (R,A,V) Try 2 tsp.

Skippy Natural Creamy PB (R,A,V) Try 2 tsp.

Natural PB in dispensers at various stores; check labels.

MSG: Must be avoided in all forms: natural flavorings, MSG, flavor enhancers, soy sauce, hydrolyzed protein, autolyzed yeast, etc.

Restaurants use a lot of "tenderizers" and seasoned salts with hidden MSG. Salt free butter!! (**Click Here for Complete MSG chart**)

FOUND: Salt, pepper, fresh and dried herbs, spices, white clear

Vinegar, oils and pesto (check label)

Taco Seasoning Mix in a Packet (TJ)

I make my own chicken broth twice a year and freeze in small 1-2 cup containers. Use leeks or shallots instead of onion.

All commercial broth products have MSG in some form, even Organic. "Organic Better Than Bouillon" has "yeast extract" but using 1/4 tsp. in 3 cups of water for making chili or non-clear soups is not a problem for me and it is convenient. Clear soups require rich homemade broth.

ALCOHOL: Avoid all alcohol, especially ale, Burgundy, Chianti (Sorry Hannibal Lecter), red wine, malted beer, sherry and Vermouth. When you are on maintenance, after your threshold is raised, you can try a small amount of Vodka (just to be polite) but it is better to have none. Anyway, tonic has trigger ingredients also. Avoid balsamic and wine vinegar.

On maintenance I found that 1 tsp. of white wine vinegar for flavor in a salad dressing (added to distilled) added flavor without causing a problem. Vinegar sold in specialty stores often do not have sulfites.

(**We Olive**, for example). **CHECK LABELS**

FOUND: Sparkling Natural Water with cucumber and mint

Clear distilled vinegar

Balsamic Vinegar = 1/2 tsp. sugar + 1 Tbsp. white vinegar

Watermelon or Cantaloupe water over ice (or make cubes of pureed melon to add to water)

DAIRY: Avoid all aged cheese, buttermilk, sour cream and limit plain yogurt to 2-3 times per week. Avoid some, not all, thank goodness, ice cream. Yippy!!

(click here - **Guide To Fresh Cheese - least aging or change to make the cheese**)



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FOUND: Cottage cheese, cream cheese ricotta, fresh mozzarella, milk and cream (smaller amounts if you are sensitive to dairy). May have a little guar gum or carrageenan but may be tolerable.

CHECK LABELS - especially unsalted butter

Trader Joe's Whipped Cream Cheese

Organic Valley Cream Cheese (R, WF)

Nancy's Organic Low fat Cottage Cheese (WF)

Simple Truth Organic Unsalted Butter (R)

Ferrarini Italian Butter Unsalted - (C)

Organic Valley Unsalted Butter (R, WF)

Clover Organic Unsalted Butter \$\$\$ (R)

Sour Cream = cream cheese + vinegar (or use a little plain yogurt)

Buttermilk = 1 Tbsp. clear vinegar + milk to make 1 cup(15 mins)

Boars Head Deli American Cheese and Boars Head Reduced Fat Lacey Swiss - both rBST free (R and ??) Buy deli quality

American Cheese, not packaged American and American Cheese Food Product. **Check Labels**

During maintenance I can handle 1 oz. of TJ Lite Mexican Blend, Shredded, or Jarlsberg Lite Swiss (TJ, C) and I

do not react.

Belgiososo Mozzarella Snack Pack rBST free (C)
(small amount)

Babybel Lite (C,R) Not everyday)

Boursin Cheese Garlic and Fine Herb, only (C, R)

Breyer's Natural Strawberry Ice Cream - rBST free
(most chains) Label on Natural Vanilla now says "natural
flavors, natural vanilla" so beware!

French Vanilla Ice Cream - rBST free (TJ)

Haagen Daz Dolce De Leche (worth every penny)
(most chains)

Coffee Latte Ice Cream Bars - has a little coffee but
very diluted. Try during maintenance (TJ)

**Healthy Choice Popsicles: 5-7 ingredients - Mango
Peach and Fudge Bar**

Trader Joe's half and half (not ultra-pasteurized)

Clover Organic Half and Half - not ultra pasteurized (R,
WF)

CEREALS/GRAINS/SNACKS: Buy fresh bread but do not eat
for 24 hours. Keep it in freezer if you need to. Fresh yeast in
breads, bagels, doughnuts and
sourdough is a trigger. This includes fresh pizza. Freezing is
thought to inactivate yeast. Look for commercial breads
without preservatives.

There are many choices so just check the label. Pizza
seems to be unavoidable so I choose one slice of Marguerite
with fresh mozzarella or one with veggies. Thin crust is best.
No onions.

**FOUND: Vogel's Org. Whole Wheat/ Milton's Whole
Grain (R,TJ,WF)**

Natural Wraps (R) Only 3 ingredients

La Brea Bakery (sans nuts, cheese, olives, raisins) (R,C,
WF) Eat this one day after it is made.

100% Whole Grain Fiber (TJ)

Lavash Bread (TJ)

Mestermacher Natural Pumpnickel (1/4 " thick, must
toast (Cost Plus, WF)

Sourdough Sandwich Bread (TJ)

Pita Bite Crackers (TJ)
 Ak-Mak crackers (TJ,WF)
 Simple Truth Multi grain Rice Crackers (R)
 Milton's Original Multi grain Cracker. Non Gmo (TJ, R)
 Milton's Bread - Check labels (C,R,TJ)
 Lukes Org. Multi grain and Seed Crackers (C)
 Matzo (all chain markets)

BEWARE OF MICROWAVE POPCORN - CHECK LABEL

Fritos - lightly salted (A,R)
 Skinny Pop (Plain) Popcorn Non-Gmo (A,R,C, V)
 Lays Low Salt Potato Chips (double yum) (R)
 Kirkland Organic Tortilla Chips (C)
 Cape Cod 40% Reduced Fat All Natural Potato Chips (C)
 Terra No Salt Non GMO Sweet Potato and Beets Chips
 (Yum) (C)
 Tostito Organic Scoops (A)
 Organic Que Pasa White Corn Chips Non GMO (R)
 Unsalted Organic White Corn Chips (TJ)

Non-seasoned rice, pasta, oatmeal and many cereals.
 These are a few I use with success:

Trader Joe's High Fiber Cereal
 Joe's O's (TJ)
 Kashi Go Lean and Go Lean Crunch (R,WF,A,V,TJ)
 Oven Toasted OLd Fashioned Oatmeal Organic (TJ)
 Simple Truth Organic Instant Oatmeal (if in a hurry)(R)
 Frozen Prepared Oatmeal (TJ)
 Van's Waffles (R)
 My doctor adds - Cheerios, Uncle Sam, Cornflakes,Grape

Nuts

Taco Shells (TJ)
 Mi Rancho Organic Corn Tortillas (R)
 Flour: Bob's Red Hill Organic All Purpose is the only one
 I have found w/o Malted Barley (MSG) added (R, WF) But I do
 not feel it bakes as well as King Arthur All Purpose Flour so I
 take my chances and bake with that. I eat very small
 amounts of things I bake - too many calories.

MEATS/EGGS: No aged, canned, cured or processed meats (i.e., bologna, salami, ham or other prepackaged luncheon meat, pickled or smoked, hot dogs, sausage or jerky. EGGS limited 2-3 per week. No nitrates or nitrites.



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FOUND: All fresh, unprocessed beef, chicken, pork, veal, lamb, fish

Boar's Head Deli Low Sodium Turkey Breast (R, other chains)

Diestal Deli Low Sodium Turkey Breast (WF \$\$)

Albacore Tuna in Water - 1/2 salt (no pyrophosphate or broth)

(TJ)

Wild Albacore Tuna "Wild Planet" (C)

Canned Premium Chunk White Chicken in Water (not bad!) (TJ)

Wild Alaskan Canned Pink Salmon, for Salmon Salad (TJ)

Canned Sockeye Salmon - wild (for patties, dip) (TJ)

Rotisserie Chicken - No Salt (Whole) (R)

Rotisserie Chicken Nature's Path (Whole) (V)

Wild caught Salmon and Halibut (\$\$\$) June through August (or frozen the rest of the year) Get at Costco and freeze, and TJ).

SWEETENERS: Avoid Aspartame (Equal, NutraSweet)

FOUND: Agave Syrup, sugar, corn syrup (High Fructose Corn syrup is not good for anyone), Splenda, Honey, pure maple syrup A and B (all markets)

VEGETABLES: No broad, lima, Italian, fava (sorry Hannibal), Navy or pinto beans.

No lentils, pea pods, sauerkraut, garbanzo beans (hummus), onions, olives or pickles. (I now put a little relish in Tuna Salad and I am okay)

FOUND: All vegetables not listed including shallots and leeks and spring onions. Be careful with tomatoes, mushrooms, corn and

white potato. They have naturally occurring MSG. Rotate and avoid leftovers.

Imagine Boxed Tomato Soup and Squash Soup (R, WF)

Contadina Tomato Paste (A)



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Carmelina San Marzano Italian Tomatoes (A)

POMI boxed Chopped Tomatoes (A,R)

San Marzano Certified Tomatoes (TJ)

Mezzetta Artichoke Hearts (R)

Lightly Salted Crunchy Green Beans (TJ)

Simple Truth Organic Mild Salsa (R)

Hernandez Salsas (check labels)

La Victoria Red Enchilada Sauce (**not the green**) (R)

El Pato products (check label)

Make your own Marinara Sauce 2x/year and freeze in containers - then you have it for many recipes. I will share an easy recipe.

Main St. Bistro Mashed Potatoes - I have not tried them, yet. Label ok (C)

Kirkland Organic Tomato Sauce (C)

Kirkland Organic Diced Tomatoes (C)

ADWALLA CARROT JUICE (R and others) (YUM)

This is just a beginning list. You can check labels and create your own.

FRUIT: Avoid avocado (guacamole), figs, papaya, raisins, red plums, raspberries and dried fruit (with sulfur dioxide). Citrus fruit and juice 1/2 cup per day. Rotate these.

FOUND: Apples, berries, peaches, pears, prunes (a few, rotated, without sulfur dioxide), fruit cocktail, apricot, cherries, all melon, strawberries, nectarine, Kiwi and mango. Avoid overripe fruit (tyramine forms).

Jules Organic Sorbet Bars - Blackberry (R) Yum.

Sulfur free prunes (TJ) (at A - b'Noir brand) NOT EVERY DAY.

Private Select Oregon Blackberry Jam, also Apricot (Instead of raspberry)(R)

Boysenberry Preserves (TJ)

Dried Pitted Montmorency Dried Cherries (TJ) a "few" in cookies and salad

Blenheim Unsulfured Dried Apricots (TJ) Not every day. Rotate

Kirkland Organic Frozen Blueberries (C)

Columbia Organic Frozen Mango Chunks (C)

CONDIMENTS: Use small amounts of condiments. Check labels for the least "trigger ingredients.

FOUND: Spectrum Organic Mayonnaise (Eggs - be careful) (R,WF)

Simple Truth Organic Ketchup (R)

Simple Truth Organic Mustard (R)

Mango Ginger Chutney (TJ) Has a little white wine vinegar.

Sweet Chili Sauce (TJ)

([Click Here](#) for recipes "Cilantro and Mint)

([Click Here](#) for "5 Freezer Fast Food Finds)

Posted by spinning girl at 12:41 PM No comments:

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VERTIGO ON THE RISE



FROM GOOD TO BAD

2007 - 2008 From Good To Bad

Seventeen years have now passed with no p



S G BLOG POST: EYES AS TRIGGERS

I find myself wondering a lot about my eyes . . . Vertigo can result, for me, from right-left or up-down e

S G Recipes: PROTEIN FOR BREAKFAST

One of the challenges for those of us on the "Migraine" diet is breakfast. My doctor recommends 1 egg, twice per week, as

S G Blog Post: A SUCCESS STORY? HMMMM

At this moment in time I would be considered a success story but that could change in the next 5 minutes. There are no cu

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