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Dietary and other measures to possibly aid in the prevention of migraine and migraine variant balance disorders

Dietary Measures – avoid the 6 ‘C’s

- **Cheese** and other dairy products including yogurt, fresh cream, sour cream, Buttermilk.
Can have small amounts of milk. Goat’s cheese & milk, cottage cheese are also fine.
- **Caffeine** – therefore decaffeinated coffee, tea, coke
- **Chocolate** – not just chocolate but chocolate biscuits, cakes and drinks
- **Chinese food** – MSG (remember MSG is also in a variety of other foodstuffs)
- **Citrus fruits and drinks** – oranges, grapefruits, tangerines, clementines, lemons, limes, (*and* pineapples and bananas)
- **Chianti** and other red wines, certain other alcoholic beverages

Other measures

- Regular sleep
- Regular meals
- No undue exertion / exercise
- Avoid stress

Also

Freshly baked bread and Marmite which have higher levels of yeast
Eggs can also be a factor in some people

NB This list is not exhaustive and in a proportion of patients medication may also be required at some stage to control symptoms. Please also note that small amounts of the above foods / substances are not a problem. For example, if a particular food or product states that it ‘may contain dairy products’, ‘may contain eggs’ or has citric acid listed as a substance do not avoid it because of this.