MIGRAINE ELIMINATION DIET FOOD LIST

Danger foods

Vegetables
• Avocado
• Beets
• Eggplant
• Green Peas
• Olives
• Onions
• Potato
• Pumpkin
• Snow Peas
• Spinach
• Tomato and Nightshade Vegetables

Fruits
• Apricot
• Bananas
• Cherry
• Citrus
• Cranberry
• Currant
• Grapes
• Dates
• Nectarine
• Peaches
• Pineapple
• Plums
• Prunes
• Raisins

• Raspberries
• Strawberries
• Overripe fruits
• Dried fruits

Proteins
• Smoked, cured, aged, canned, processed, and tenderized meats, such as hot dogs, prosciutto, lunch meat, hot dogs, and bacon
• Old meat (freeze leftovers to avoid the food getting old)
• Liver
• Raw eggs
• Fish or seafood
• Pre-ground meat
• Soybeans
• Red beans
• All nuts and seeds

Dairy
• All fermented products like cheese, buttermilk, yogurt, sour cream, cream cheese, etc.

Grains
• Flour

Fats, Herbs, and Sauces
• Vinegar
• Oils with preservatives
• Soybean oil
• Pre-prepared salad dressing
• Gravies
• Teriyaki sauce
• Soy sauce
• Processed condiments
• Fish sauce
• Margarine
• Cinnamon
• Nutmeg
• Paprika
• Anise
• Curry
• Cloves

Drinks
• Fruit juice
• Coffee
• Soda
• Caffeinated tea
• Alcohol
SAFE FOODS

Vegetables

- Squash
- Artichokes
- Arugula
- Asparagus
- Bok choi
- Bell peppers
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumber
- Carrots
- Fennel
- Garlic
- Kale
- Kelp
- Leeks
- Lettuces
- Mustard greens
- Radishes
- Water chestnuts
- Zucchini
- Anything not listed on the danger foods list.

Fruits

- Apples

Proteins

- All meat that is cooked or frozen within one day of purchase
- Self-ground meat
- Grilled meat
- Frozen or fresh fish is okay, but only in moderation, so 1-2 times a week.
- Black beans
- Chick peas
- Lentil
- Pinto beans
- Peanuts
- Natural peanut butter
- Navy beans

Dairy

- Plain milk (cow, goat, or sheep)
- Butter
- Cream
- Organic cottage, ricotta, and farmer’s cheese
- Natural ice cream with no preservatives or bad ingredients
- Wild rice
- Corn, popcorn
- Oatmeal
- GF Semolina pasta, or other pasta without additives
- Cream of wheat
- Corn flakes
- GF Crackers
- Canola oil

**Fats, Herbs, and Spices**
- Canola oil
- Corn
- Safflower oil
- Olive oil
- Sunflower oil
- Homemade condiments
- Basil
- Bay leaf
- Salt and pepper
- Caraway
- Cardamom
- Celery seed
- Dill
- Cumin
- Turmeric
- Thyme
- Mint
- Ginger
- Oregano

- Parsley
- Rosemary
- Poppy
- Chives
- Coriander

**Drinks**
- Water…lots of it
- Juice from safe fruits
- One cup of coffee per day is okay
- Herbal teas
- Mineral water