

## Why

Conflicting information about migraine and nutrition has led to an overemphasis on food triggers, which can lead to overly restrictive diets. In fact, individual foods are rarely at fault.

Rather, the current research suggests that the *sum total* of someone's nutritional patterns can influence migraine. This means your best bet is to focus on consistency, eating a balanced whole food diet, and avoiding extremes like fasting and excessive amounts of caffeine.

## What

Medical research has not yet led to one universally-accepted "migraine diet." Rather, the data supports a balanced diet that is low in processed foods and high in whole foods like fruits, high-quality animal or plant proteins, and vegetables.

Meal timing and consistency are important to prevent migraine attacks. For example, going without food for long periods of time is a proven trigger. In general, migraine responds poorly to extremes in nutritional choices, including caffeine, alcohol, and consumption of sugary or processed foods.

## How

Take a personalized approach. Begin with a food diary to learn the nutritional patterns that may be triggering your migraine. Then, **build quality** and **balance** into your diet to develop a positive relationship with food that you can maintain over time. And finally, **build consistency** in your nutrition routines to avoid the extremes that can trigger migraine attacks.

## Take the next step:

Begin by completing our **Food Journal** for at least three days to help identify the dietary patterns that help or hurt your health with migraine. Then, choose one area below to focus on for at least two weeks using your free two-week trial of the Ctrl M Health app.

These activities and many others can be found in the Nutrition section of the app to help you find the nutrition approach that works best for your migraine.

### Building Quality

Read our **Anti-inflammatory Diet** activity and identify the inflammatory foods in your diet

Take our **Eat the Rainbow Challenge** for one week and assess how you feel

### Building Balance

Try our **Mindful Eating Meditation** at least two times and practice mindful eating at each meal

Try to plan your meals according to the guide in our **Balanced Approach** activity

### Building Consistency

Complete our **Meal Timing** activity over three days to find the pattern that works best for your migraine

Use our **Caffeine Modulation** activity to see how it impacts your migraine

