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## "Vascular Headache" Diet

### Purpose:

This diet is used for individuals who are susceptible to headaches of a vascular origin (including migraine and cluster headaches).

### Description:

The diet reduces or eliminates the use of foods which may precipitate vascular headaches. Good eating habits, based on moderation, balance, and variety (including three meals per day) contribute significantly to overall health.

### Adequacy:

This diet will meet the Recommended Dietary Allowances when planned according to the guidelines listed below.

<b>Foods</b>	<b>Recommended</b>	<b>Not Recommended</b>
Milk	2 cups or more daily: all types allowed (except chocolate milk, buttermilk, and yogurt)	Chocolate milk, buttermilk, yogurt
Meat & Protein Foods	2 or more 3 ounce servings daily: beef, lamb, fresh pork, poultry & fish (except tuna, mackerel, and pickled or salted fish); dried peas and beans; processed cheeses	Tuna, mackerel, pickled and salted fish, hot dogs, ham and processed meats, chicked livers, bologna; swiss cheese and aged fermented cheeses; nuts and peanut butter
Vegetables	3 or more servings daily	Beans such as pole, broad, lima, italian, fava, navy, pinto; snow peas, sauerkraut, raw onions, olives and pickles
Fruits	2 or more servings daily	Avocados, figs, raisins, papaya, passion fruit and red plums
Breads, cereals and starches	6 or more servings daily	Fresh homeade yeast bread, fresh yeast coffee cake, doughnuts
Fats and Oils	Use in moderation - butter or margarine; salad dressings; mayonnaise; oils; creamers	Sour cream

Soups	Any with allowed ingredients	Canned soup, soup or bouillon cubes; soup with autolytic yeast and monosodium glutamate (read labels)
Desserts	Any with allowed ingredients	Desserts made with nuts, chocolate, or other restricted ingredients
Beverages	Fruit juices; carbonated and mineral waters; non-caffeinated soft drinks powdered drink mixes	Alcohol (especially avoid red wines, beer, and ale) coffee; tea and caffeinated soft drinks; cocoa and chocolate beverages, diet drinks
<b>Miscellaneous</b>		
Condiments	Catsup, mustard, white vinegar, steak sauce, chili sauce, worchestershire sauce	Red wine vinegar, soy sauce, any item which has been fermented, pickled, or marinated
Seasonings	Pepper, spices, herbs and seasonings	"Accent" or other products containing monosodium glutamate (MSG)
Sweets	Use in moderation: sugar, jelly, honey, molasses, preserves, syrup, hard candies	Chocolate; limit usage of Nutrasweet (Aspartame) and products made with Nutrasweet

**Do not hesitate to call or return to the health service if necessary.**