

EAR, NOSE, THROAT & ALLERGY CENTER

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FOODS THAT CAN PROVOKE HEADACHE

These foods contain a vasodilating amine (tyramine, phenyl ethylamine or dopamine); monosodium glutamate, caffeine, nitrate or nitrate compounds. Any foods in which aging, bacterial action, molds, or tenderizer is used to enhance flavor, to prepare, or to preserve is likely to contain one of these headache provoking agents.

Chocolate: Candy, foods, drinks

Ripened Cheeses: Cheddar, brick, mozzarella, gruyere, emmentaler, stilton, brie, camembert, boursalt

Alcoholic Beverages: Beer, red wine, Sherry

Fruits and Their juices: Bananas, plantain, avocado, figs, passion fruit, raisins, pineapple, oranges, and other citrus fruits

Vegetables: Onions, pod of broad beans (lima, navy, and pea pods) nuts, peanut butter

Fermented, pickled, and Marinated foods: Herring, sour cream, yogurt, vinegar

Yeast Products: Yeast extracts, hot fresh breads, raisin, coffee cakes, donuts

Meals with nitrites: bologna, hot dogs, pepperoni, salami, pastrami, bacon, sausages, canned ham, corned beef, smoked fish

Monosodium Glutamate: Chinese food, Accent, Lawry's seasoned salt, instant foods, canned soup, TV dinners, processed meats, roasted nuts, potato chips

Caffeine: Coffee, Tea, Cola