

Associates in Ear, Nose, Throat & Facial Plastic Surgery, PA

**Facial Plastic and Cosmetic Surgery • Electronystagmography
Head and Neck Surgery • Pediatric Otolaryngology**

FOODS THAT MAY PROVOKE A HEADACHE

These foods contain a vasodilating amine, (tyramine, dopamine, or phenyl ethylamine), 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, other
Fruit and their Juices:	Bananas, Plantain, Avocado, Figs, Passion Fruit, Raisins, Pineapple, Oranges, and other citrus fruits
Vegetables:	Onion, Pods of broad beans (lima, navy, pea pods, nuts), peanut butter
Fermented, Pickled, Marinated Foods:	Herring, Sour cream, Yogurt, Vinegar
Yeast Products:	Yeast extracts, hot fresh breads, raisin coffee cakes and doughnuts
Meals with Nitrates:	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