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# **HEADACHE TRIGGERS & DIARY**

A number of these items often trigger headaches in people. Please use this list to help determine if they affect you. Track these items in the Headache Diary below.

### DIET

- 1. Chocolate
- 2. Aged cheese (cheddar, gruyere, brie, pizza)
- 3. Monosodium glutamate-MSG
- 4. Artificial sweetener
- 5. Caffeine (including cola, tea)
- 6. Nuts (peanut butter)
- 7. Nitrates and nitrites (hot dogs, processed meats)
- 8. Citrus fruits
- 9. Fermented foods (pickled, marinated)

#### HORMONES

- 10. Menstruation
- 11. Ovulation
- 12. Oral contraceptives

### **ENVIRONMENTAL CHANGES**

- 13. Weather
- 14. Seasons
- 15. Travel (crossing time zones)
- 16. Altitude changes
- 17. Sleeping patterns (too little, oversleeping)
- 18. Missed or delayed meals

#### SENSORY STIMULI

- 19. Strong or flickering lights
- 20. Odors

## STRESS

- 21. School
- 22. Relationship difficulties
- 23. Family problems

DATE	SEVERITY (1-3)	TRIGGER	TREATMENT