



# Pediatric Neurologists of Palm Beach

## The Migraine Trigger Checklist

- Birth control pills
- Caffeine (excess intake or withdrawal)
- Dehydration (even mild)
- Depression
- Exercise
- Eyestrain or other visual triggers
- Fasting (skipping meals or going a long time in between meals)
- Fatigue
- Lights (bright or flickering; sunlight)
- Long hair, tight braids, etc.
- Menstrual periods
- Medications
- Noise
- Odors (perfumes, colognes, gas or paint fumes, etc.)
- Sleep (too much, too little, any change in normal sleep patterns)
- Stress
- Weather (changing conditions)



# Pediatric Neurologists of Palm Beach

## The Migraine Trigger Checklist-Foods

- Aged cheeses (sharp cheddar, blue cheese, etc)
- Artificial sweeteners
- Chocolate
- Citrus fruits
- Cured meats
- Dairy products
- Dried fruits
- Food additives (nitrites, nitrates, MSG)
- Hot dogs
- Lunchmeats
- Nuts
- Onions
- Salty foods
- Sauerkraut
- Tomato sauces
- Yeast/breads