

Foods and Drinks That May Ease Migraine Symptoms

Research and anecdotal evidence suggest that diets containing certain minerals, vitamins, and fatty acids may help prevent migraine attacks or reduce symptoms.

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| Magnesium-rich foods | dark leafy greens, avocado, tuna |
| Omega-3-rich foods | mackerel, salmon, seeds, legumes |
| Ketogenic foods* | low carb, high fat foods, including nonstarchy vegetables, fatty fish, and eggs |
| Herbal teas | feverfew, chamomile, turmeric, ginger, lavender |

*Some keto-friendly foods may trigger migraine attacks.
Always speak with a doctor or a registered dietitian before starting a keto diet, as there are risks.