

## Eliminating the Elimination Diet

While many people feel that certain foods can cause their migraines, the proof that a special diet can stop migraines is not very strong. Diets that take out specific foods, also known as elimination diets, have been looked at in children and adults who have migraine. There is a suggestion that diet eliminations may help children who have migraines, but the same is not true in adults. Even with little proof, many people will suggest that eating a simple, bland diet will stop migraines from happening.



Rigid diets, especially those that eliminate numerous food items, have very little to support their use in preventing migraines. Because of this, doctors will usually recommend other methods with better evidence to reduce migraine frequency. If those other methods cannot be used, elimination diets can be considered under medical supervision as part of a comprehensive approach to identify and reduce migraine triggers. These diets should only be attempted with medical and nutritional support, to ensure you are getting adequate nutrition and prevent side effects.

Egger J, Carter CM, Wilson J, et al. Is migraine food allergy? A double-blind controlled trial of oligoantigenic diet treatment. *Lancet* 1983;2:865-869.

Bunner AE, Agarwal U, Gonzales JF, et al. Nutrition intervention in migraine: a randomized cross-over trial. *The Journal of headache and pain.* 2014;15:69