

Nutrition Prescription for Migraines

Increase Omega-3 Intakes

Aim to consume 1500 mg of omega-3 fatty acids (specifically EPA+DHA) every day

-Fatty Fish are the richest source of omega-3s (EPA+DHA), one 3 oz serving contains approximately 1500 mg, examples include:

Salmon
Mackerel
Herring
Sardines
Anchovies



-Flaxseeds and chia seeds contain ALA a different type of omega-3 fatty acid that—to some degree—can be converted into EPA & DHA. For women (who tend to be better converters) 1-2 tbsp per day can provide ~350 mg of EPA+DHA



-Omega-3 supplements can also provide EPA+DHA, data suggests it's best to choose unflavored varieties that are derived from algae; or varieties that are verified by third-party organizations – like *U.S. Pharmacopeia*

Decrease Omega-6 Intakes

Avoid seed oils including:

Safflower Oil
Grapeseed Oil
Sunflower Oil
Soybean Oil
Cottonseed Oil
Corn Oil
Canola Oil

NOTE: seed oils are listed here from highest to lowest omega-6 levels



Avoid foods that frequently contain seed oils namely:

-fried foods
-processed foods
-restaurant foods

REFERENCE: Ramsden CE, et al. Dietary alteration of n-3 and n-6 fatty acids for headache reduction in adults with migraine: randomized controlled trial. *BMJ*. 2021 Jun 30;374:n1448. PMID: 34526307