



CAPITAL ALLERGY & RESPIRATORY DISEASE CENTER
A MEDICAL CORPORATION

HEADACHES

In some patients, headaches may be caused by allergic reactions. Chronic sinus type headaches may be aggravated by pollen (grass, tree, weed, dust and mold) allergy. Migraine (vascular) headaches may be aggravated by certain foods. Below is a list of foods and chemicals that may cause migraine headaches in some patients.

Wine
Cheese
Chocolate
Alcohol
Caffeine (Coffee, Tea, Cola Drinks)
Egg
Berries
Shellfish
Tomatoes
Citrus Fruit
Wheat
Beef
Yeast
Mushrooms
Peas