

# Orange Dental And ENT Care Centre

## Snore And Sinus Clinic

30K Ramkrishna Samadhi Road, Near Charring Cross Nursing Home, Behind Kakurgachi Bada Park.

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### Diet Restrictions for Migraine Patients

Following food stuffs to be avoided :

- i) Cheese
- ii) Chocolate
- iii) Nuts, peanuts, butter
- iv) Chinese Foods
- v) Smoked meats
- vi) Alcohol
- vii) Pickles
- viii) Hot fresh breads
- ix) Onions
- x) Citrus fruit. Eat no more than one orange a day.
- xi) Bananas. Eat no more than ½ banana a day.
- xii) Pizzas
- xiii) Pork
- xiv) Excessive tea, coffee, cola. Drink no more than four cups a day.
- xv) Chicken liver