



**THE
HEADACHE
CLINIC**

Specialist Migraine Unit Johannesburg Durban Cape Town

DIETARY TRIGGER DIARY

Date:											
Time Headache Started:											
Time of Previous Meal:											
List of Foods eaten:	1.										
	2.										
	3.										
	4.										
	5.										

Date:											
Time Headache Started:											
Time of Previous Meal:											
List of Foods eaten:	1.										
	2.										
	3.										
	4.										
	5.										

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www.headacheclinic.co.za