

POSSIBLE

HUNGER-INDUCED HEADACHE

Supportive Management

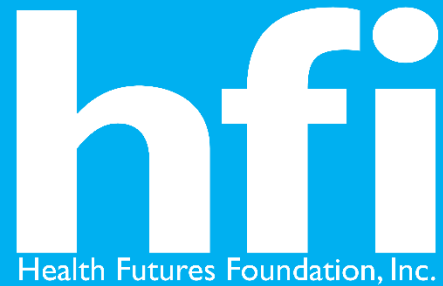
- Take a healthy snack (with fruits) or eat a meal to relieve headache. As much as possible, take healthy meals which include: grains (rice, oats, whole wheat bread), vegetables, lean meat (meat that has been stripped off fats), fruits, and low-fat dairy products.

Prevention

- Avoid skipping meals.
- Have small, frequent meals (5-6 per day) instead of 3 large meals each day.
- Limit refined carbohydrates (e.g. pastries, sweetened juices, soda, white bread, candy). Have whole-grains (oats, brown rice, and whole wheat bread) instead.
- Include varieties of fruits, vegetables, and protein-rich food (e.g. pork, beef, chicken, fish, and beans) in meals.

Consult doctor if the person with headache experiences any of the following:

- Confusion
- Fainting
- Seizures
- Headache gets worse.
- Headache becomes an interruption to performance of activities of daily living.
- Headache happens more than 15 days a month.



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