



THE HEADACHE CLINIC

Specialist Migraine Unit

www.theheadacheclinic.net • 0861 678 911 • 45 Empire Road • Johannesburg

DIETARY TRIGGER DIARY

Date:										
Time Headache Started:										
Time of Previous Meal:										
List of Foods eaten: 1.										
2.										
3.										
4.										
5.										
6.										

Date:										
Time Headache Started:										
Time of Previous Meal:										
List of Foods eaten: 1.										
2.										
3.										
4.										
5.										
6.										