

Food & symptom diary **Glenville**

NUTRITION

CENTRES **CLINICS** COURSES

Please complete this food diary and return to your nutritionist for review via clinic@glenvillenutrition.ie. Your nutritionist will review this and come back to you with any additional comments or recommendations so that you can make as much progress as possible before your next consultation.

Name: _____

Date: _____

Day			
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Fluids			
Exercise			
Symptoms			

1. Supporting stress and busy lifestyles with nutrition

- Do not go longer than 4 hours between meals
- Try to reduce reliance of stimulants such as sugar and coffee by eating regularly
- Eat protein with every meal and snack to maintain good levels of energy and avoid 'dips'
- Avoid white bread, rice and pasta – opt for smaller portions of wholegrains
- Be prepared – bring healthy snacks to work or on the road

Instead of...

Cornflakes with milk

Tea and biscuit

Ham and cheese sandwich

Lasagne

Try

Porridge with 1 tbsp milled flaxseed, flaked almonds and berries

Piece of fruit and small handful nuts

Open sandwich with tinned salmon, cucumber and side of green salad

Lentil Bolognese with mixed veg and small portion wholegrain pasta

2. Consider possible food triggers

- Chocolate, red wine, aged cheeses and fermented foods?
- Keep a food and symptom diary to monitor triggers
- Consider dairy? Exclude dairy for 3 weeks completely. Avoid cheese, try coconut yoghurt and use a plant-based milk alternative like almond milk
- On Day 21, consume 2-3 portions of dairy for three days in a row. Monitor any signs or symptoms

3. Opt for an anti-inflammatory, gut friendly diet

- Reduce red meat and opt for anti-inflammatory oil fish instead. Organic fresh salmon, wild tinned or frozen Pacific salmon, mackerel, sardines, anchovies
- Include plenty of fibre: Half your plate at lunch and dinner should be vegetables
- Reduce sugar and dangerous oils and fats

Nutritional Support for Migraine

Glenville

NUTRITION

COURSES CLINICS CENTRES

Eating a well balanced meal... think protein first!

While most foods contain proteins, carbohydrates and fats in varying quantities. However, the following lists certain foods high in proteins and complex carbohydrates.

Protein

Fish, shellfish
Poultry – chicken, turkey, duck
Red meat* – beef, pork, venison
Dairy* – milk, yoghurt, cheese, cottage cheese
Eggs
Soy – soy milk, soy yoghurt, tofu, tempeh
Seeds, nuts and nut butters
Pulses – lentils, chickpeas, beans, hummus
Sprouts – alfalfa, bean sprouts
Quinoa

Complex carbohydrates

Wholegrain rice, brown rice pasta
Wholewheat – pasta, bread, flakes, crackers
Spelt – bread, pasta
Rye – bread, crackers, pasta
Oats – porridge oats, muesli oats, oatcakes
Bulgur, millet, quinoa, buckwheat
Wholegrain couscous
Fruits and vegetables
Potatoes, sweet potatoes, root vegetables
Pulses – lentils, chickpeas, beans, hummus

*Some protein foods such as red meat and cheese may also promote inflammation so keep these to a minimum. Opting for vegetarian forms of protein is better

For optimal energy eat proteins and complex carbohydrates together at every meal and snack.

Healthy Snack Ideas

Smoked Mackerel Pâté

2 smoked mackerel fillets (skinned)
4 spring onions
Juice of 1/2 lemon (plus zest, optional)
2 - 3 tbsp natural yoghurt
2 – 3 tsp fresh horseradish root (or use creamed)
Finely ground pepper to taste

- Finely grate horseradish root
- Place all ingredients into a blender and pulse to mix. Avoid over blending
- Add more horseradish to achieve a hotter taste
- For dairy free version use soy yoghurt

Edamame Bean and Chilli Dip

3 cups frozen edamame (soy) beans, thawed
1 clove of fresh garlic, crushed
½ - 1 fresh chilli
5 tablespoons extra virgin olive oil / hemp seed oil
½ - 1 cup fresh coriander, roughly chopped
1 – 2 tbsp fresh mint, rough chopped (optional)
Pinch sea salt

- Place all ingredients in a blender and blend
- For pea and mint version, replace edamame with petit pois, omit the coriander and add 2 more tbsp mint leaves