

High-quality diet tied to lower migraine frequency, severity

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(HealthDay)—A high-quality diet is associated with lower migraine

severity and frequency, according to a study published online Aug. 11 in *Nutritional Neuroscience*.

Hande Bakirhan, from Istanbul Medipol University in Turkey, and colleagues examined the correlation between [diet](#) quality and [dietary patterns](#) (Mediterranean or Dietary Approaches to Stop Hypertension [DASH]) and migraine attributes. The analysis included adults diagnosed with episodic migraine at an outpatient headache clinic.

The researchers found that a low Mediterranean Diet Adherence Screener score was associated with more severe disability and more severe and frequent attacks. There was a significant negative correlation observed between Mediterranean Diet Adherence Screener score and attack severity. Similarly, participants with a low DASH compliance scale score had more severe and frequent attacks, and there was a significant negative correlation between attack severity and DASH compliance scale scores. Lastly, individuals with poor diet quality had more severe migraine attacks and there was a significant negative correlation observed between diet quality [total score](#) and attack severity.

"The association between having a good diet quality and milder clinical signs of migraine emphasizes the significance of [diet quality](#) in the medical nutritional treatment of migraine," the authors write.

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