

HEALTH ALERT!

Meals And Migraines

(NAPSA)—The old saying goes “You are what you eat.” And if you are one of the approximately 28 million Americans who suffer from migraine, you should be aware how true this saying is. Certain foods, beverages, and food additives can be migraine triggers, including aged cheeses, processed meats, dark alcohol, caffeine, monosodium glutamate (MSG) and certain breads. Headache experts say migraine sufferers should be aware that what they eat could affect their migraines.

A migraine is a debilitating and chronic condition, which is often characterized by severe unilateral head pain lasting between four and 72 hours. Migraine is often accompanied by nausea, vomiting and sensitivity to light and/or sound.

Fortunately, there are many culinary options for migraine sufferers, to help them to avoid the onset of migraine.

Nutritionist and chef Robyn Webb, MS, has developed year-round migraine-friendly recipes, good for everyday or holiday cooking now available on www.migrainetriggers.com. Here's one example:

Chesapeake Crab Cakes

Ingredients (4 servings)

1 egg, beaten



- 3 Tbsp reduced-fat mayonnaise
- 1 Tbsp coarse mustard
- 1 scallion, diced
- Salt and pepper
- ½ cup French bread crumbs
- 1½ lbs fresh lump meat or backfin crab, shells and cartilage removed
- 2 Tbsp canola oil

Combine all ingredients except the canola oil in the order given. Shape into 8 patties and let rest on a plate for 30 minutes in the refrigerator. In a large skillet, heat the oil over medium-high heat. Add the crab cakes, and sauté for about 4 minutes per side until golden.

Go to www.migrainetriggers.com for delicious recipe options that won't trigger debilitating migraine pain.