

WHERE IS: Hospital "Civile"- Blocco H- 3°Floor

HOW TO BOOK AN APPOINTMENT

You can directly **Dr. Claudia Vaccaro** at the Headache Clinic by e-mail: claudia.vaccaro@aou.al.it

Please include your **first name, last name and phone number** in the email and we will get back to you to schedule a **nutritional consultation**

For your appointment, you will need to bring the **questionnaire** and the completed **food diary** (preferably in paper format) you find in this brochure, covering 3 or 14 days, including notes on any headaches episodes.



HEADACHE CLINIC DIETETIC CONSULTATION



Over 20% of the population in Italy experiences the same condition
It is important to prevent potential factors that may worsen the episodes

Did you know that diet is one of the risk factors?

Excess weight or certain **eating habits** can trigger headaches or increase their intensity. At our Headache Clinic you can schedule a **dietetic consultation** to identify these factors. Together we can find dietary solutions and behavioral strategies to help manage your headaches.

Questionnaire on adherence to the Mediterranean Diet Adults

1. Do you use extra virgin olive oil as your main seasoning in cooking? **yes** **not**
2. How much oil you use (including oil used for frying, salads, etc.) **more than 4 teaspoons**
 less than 4 teaspoons
3. How many servings of vegetables do you consume per day? (1 serving = 200 gr)
 2 or more servings per day
 less than 2 servings per day
4. How many fruits (including natural fruit juices: juice or fruit centrifuges; no fruit drinks) consume a day?
 3 or more servings per day
 less than 3 servings per day
5. How many portions of red meat or meat products (including sliced as ham) consume daily? (1 serving: 100-150 g)
 1 or less servings per day
 more than 2 servings per day
6. How many servings of butter, margarine or animal fat you consume per day as a condiment or ingredient inside of products such as focaccia or brioche or cakes? (1 serving: 12 g)
 less than 1 serving per day
 more than 1 serving per day
7. How many sugary or carbonated drinks do you drink per day?
 less than 1 serving per day
 more than 1 serving per day
8. How much wine do you drink a week?
 about 7 glasses per week
 less or more than 7 glasses per week
9. How many portions of legumes do you consume per week? (1 portion = 150 gr)
 3 or more servings per week
 less than 3 servings per week
10. How many servings of fish or seafood do you consume per week? (1 serving 100-150 g or 200 g of seafood)
 3 or more servings per week
 less than 3 servings per week
11. How many times a week do you consume commercial sweets or pastries (not homemade), such as cakes, cookies, biscuits, or brioches?
 less than 3 servings per week
 more than 3 servings per week
12. How many portions of dried fruit (nuts, peanuts), do you consume per week? (1 portion 30 g)
 3 or more servings per week
 less than 3 servings per week
13. Prefers white meat such as chicken, turkey or rabbit to red meat such as veal, pork, hamburger or sliced?
 yes **not**
14. How many times a week do you eat vegetables, pasta, rice or other dishes seasoned with vegetables (like tomato sauce with olive oil)?
 2 or more servings per week
 less than 3 servings per week

EXAMPLE OF A FOOD DIARY

| WEEKLY FOOD DIARY | | | | | | | |
|---|--------|---------|-----------|----------|--------|----------|--------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| BREAKFAST Time Headache attacks Drunk Water (nr. glasses of water / litres) | | | | | | | |
| TREAT Time Headache attacks Drunk Water (nr. glasses of water / litres) | | | | | | | |
| LUNCH Time Headache attacks Drunk Water (nr. glasses of water / litres) | | | | | | | |
| SNACK Time Headache attacks Drunk Water (nr. glasses of water / litres) | | | | | | | |
| DINNER Time Headache attacks Drunk Water (nr. glasses of water / litres) | | | | | | | |
| SNACK Time Headache attacks Drunk Water (nr. glasses of water / litres) | | | | | | | |
| PHYSICAL ACTIVITY | | | | | | | |
| ANY NOTES | | | | | | | |