

## - Food—Fiber content / Migraine

# Can increased fibre intake lower incidences of migraine?

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As per a study published in *Frontiers in Nutrition*, increased dietary fibre intake is associated with decreased incidence of migraine. Researchers Hao Huang and Kaiyin He, from The First Affiliated Hospital at Jinan University in Guangzhou, China, examined the association between dietary fibre intake and the prevalence of migraine using the data from the National Health and Nutrition Examination Survey (1999 to 2004). They found that for every 10g per day increase in dietary fibre intake, the prevalence of severe headaches or migraine decreased by 11 percent.

