



# 2026 INTERVIEW SUMMARY SHEET

## SPEAKER

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## TITLE & ORGANIZATION

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## TOPIC

What the Science Says About Food & Migraine

## KEY TAKEAWAYS

- Keeping blood sugar levels consistent through a low-glycemic approach helps maintain the brain's energy supply and regulate migraine symptoms.
- Consuming higher amounts of omega-3 fatty acids and lower amounts of omega-6 fatty acids is supported by well-designed clinical trials.
- When supplementing with magnesium, the form (i.e., citrate or glycinate) impacts how well it is absorbed and tolerated.
- There is no perfect "migraine diet"; successful symptom management involves committing to sustainable habits rather than restrictive, short-term perfection.
- Even if changes to diet don't immediately stop migraine attacks, they often improve cardiovascular and metabolic health, which are crucial for long-term wellness.

## KEY TREATMENTS

- Coenzyme Q10 (CoQ10)
- Creatine
- Exercise
- Exogenous ketones
- Magnesium
- Nicotinamide adenine dinucleotide (NAD<sup>+</sup>)
- Omega-3 fatty acids
- Omega-6 fatty acids
- Riboflavin (vitamin B2)
- Vitamin D

## NOTABLE QUOTES

*"I don't think diet can cure migraine, and I don't think we should be thinking that way. But we can think about how diet can improve how we feel."*

*"Exogenous ketones ... might allow us to achieve the benefits to migraine that we see with the ketogenic diet without having to do the very restrictive eating pattern."*

## PRACTICAL STEPS

- Track food and drink intake for a few days to help evaluate current dietary patterns without judgment.
- To improve the ratio of omega-3s and omega-6s, set a small goal, such as eating fatty fish twice a week.
- Make a comprehensive list of types and doses of supplements, including magnesium, riboflavin, and CoQ10, and review them with a healthcare provider.
- Discuss dietary goals with family and housemates to make meal planning and preparation a collaborative undertaking.
- Replace simple sugars with high-fiber starches to help maintain steady blood glucose levels.