Telephone screen for eligibility expected (n = 200)

Ineligible: expect to exclude (n = 80)
- Headache characteristics
- Other medical exclusions
- No physician
- Scheduling difficulties

First confirmation of eligibility (n = 120)
- Baseline study visit with neurologist (PI)
- Consent for study, begin baseline diary collection
- Baseline instruments (HIT-6, SF-12, BSI-18)

Expect to exclude (n = 30)
- Headache characteristics
- Unstable co-morbid conditions

Second confirmation of eligibility (n = 90)
- Baseline diaries reviewed

Expect to exclude (n = 20)
- Failure to keep diaries
- Headache characteristics
- Other intervening problems

Random allocation to one of two diets Expect to randomize (n = 70)
- Baseline blood fatty acid acids and metabolic biomarkers
- Pre-intervention Instruments (HIT-6, SF-12, MIDAS, BSI-18)
- Baseline dietary intake assessment

Low n-6 diet
- Dietary counseling Q2 wks
- Study foods supplied Q2 wks
- Daily Headache Diary
- Dietary adherence assessments

Low n-6, high n-3 diet
- Dietary counseling Q2 wks
- Study foods supplied Q2 wks
- Daily Headache Diary
- Dietary adherence assessments

Week 4 blood collection

Week 8 blood collection

Post-intervention assessment
- Week 12 blood collection
- Dietary assessment; HIT-6, MIDAS, SF-12, BSI-18
- Nutritional/metabolic biomarker analyses
- Expected withdrawal = 3

ITT analysis of data
- Expected n = 32

Week 4 blood collection

Week 8 blood collection

Post-intervention assessment
- Week 12 blood collection
- Dietary assessment; HIT-6, MIDAS, SF-12, BSI-18
- Nutritional/metabolic biomarker analyses
- Expected withdrawal = 3

ITT analysis of data
- Expected n = 32