

FOOD INTOLERANCE QUIZ

Score 2 points for each symptom that you experience more than three times per week. Having one or more of the symptoms below does not automatically mean they are caused by an aversion to food.

Digestive Symptoms-----Do you suffer from:

Abdominal cramping _____

Abdominal pain _____

Acid reflux _____

Bloating after meals _____

Constipation/Diarrhea _____

Difficulty gaining/losing weight _____

Excessive flatulence _____

Gallbladder abnormalities (i.e. difficulty digesting fats) _____

Hemorrhoids _____

Indigestion _____

Itchy anus _____

Mouth ulcers _____

Nausea/vomiting _____

Sinus congestion _____

Water retention _____

Total Score____/30 points



Nervous System Symptoms-----Do you suffer from:

Addictions _____

Behavioral problems (such as hyperactivity/ADHD) _____

Brain fog (inability to think clearly that has progressively gotten worse) _____

Clumsiness _____

Constant hunger _____

Dark under-eye circles _____

Depression and/or anxiety _____

Food cravings _____

Headaches _____

Insomnia _____

Irritability _____

Memory loss _____

Migraines _____

Mood swings _____

Total Score ___/28 points

Total Score from Digestive System and Nervous System sections: ___/58



RESULTS

Score 0-16: Low Priority

You do not have food intolerance but are eating in a way that is unbalanced for your body.

Score 18-38: Medium Priority

It is likely that you have food intolerance. Schedule an appointment with your doctor and/or Health Coach.

Score 40-58: High Priority

It is quite likely you have a food intolerance. You may also be experiencing a bad flare-up, so contact your doctor and/or health coach if you feel your symptoms are becoming overwhelming. Trust your gut instinct.

