

Food Sensitivities Chart

Reintroduce only one new food at a time. Ingest it twice in the same day and then wait for two to three days to see if you have a reaction. Check any symptoms that you may have on this chart. Pay special attention to digestion, bowel function, and energy levels. If you have symptoms that aren't included on this chart, please note that as well. You may copy this form for more added foods in the future. You may also use the blank spaces for symptoms not listed.

Symptom	Food	Date & Time	Food	Date & Time	Food	Date & Time
Bloating						
Indigestion						
Stomach Ache						
Excessive Gas						
Constipation						
Diarrhea						
Urinary / Bladder Problems						
Headache / Migraines						
Nasal Congestion						
Post Nasal Drip						
Asthma / Chest Congestion						
Breathing Problems						
Swelled Tongue						
Cold Sores / Fever Blisters						
Skin Rash / Hives / Acne						
Inflammation						
Joint Pain						
Muscle Pain						
Fatigue / Lethargy						
Insomnia						