Food Intolerance Symptoms Chart

Name:		
Date:		
Patient ID:		
This diagram lists the various symptoms asso system they affect:	ciated with food intolerance, ca	tegorized by the body
Neurological		Other • Weight Loss • Weight Gain • Fatigue
Dermatological Irritated Skin Itchy Bumps		Respiratory Stuffy or Runny Nose Sinus Pain
Musculo-Skeletal • Aches in Joints • Muscle Pain		Gastrointestinal Bloating Cramps Constipation IBS (Irritable
· Wuscle Falli		Bowel Syndrome) • Diarrhoea

Source: lmage

Neurological

- **Headaches**: Like a typical headache or a severe migraine.
- Feeling Down: You might feel unusually anxious or have bouts of depression.

Respiratory

- Stuffy or Runny Nose: This could be due to rhinitis.
- Sinus Pain: When your sinuses feel blocked or painful.

Dermatological

- Irritated Skin: Look out for psoriasis, eczema, or general rashes.
- Itchy Bumps: These could be hives (urticaria) or even acne outbreaks.

Musculo-Skeletal

- Aches in Joints: Similar to arthritis pain or other joint discomfort.
- Muscle Pain: Could feel like fibromyalgia or just widespread muscle soreness.

Gastrointestinal

- Bloating
- Cramps
- Constipation
- IBS (Irritable Bowel Syndrome)
- Diarrhoea

Other

- Weight Loss
- · Weight Gain
- Fatigue

Comments:

Please list any additional symptoms you've been experiencing that may be related to food intolerance