

Food Intolerance Symptoms Chart

Name: _____

Date: _____

Patient ID: _____

This diagram lists the various symptoms associated with food intolerance, categorized by the body system they affect:

Neurological

- Headaches
- Feeling Down

Other

- Weight Loss
- Weight Gain
- Fatigue

Dermatological

- Irritated Skin
- Itchy Bumps

Respiratory

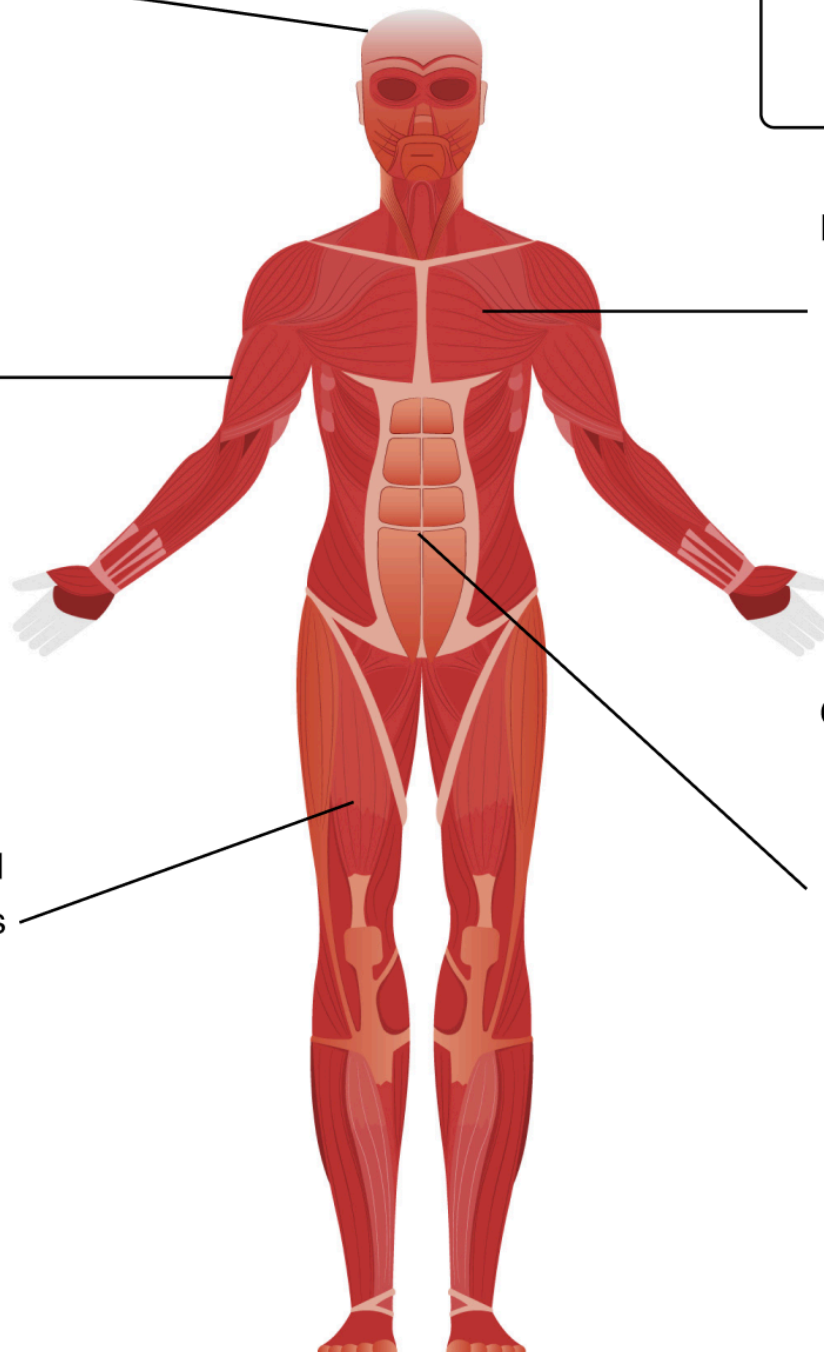
- Stuffy or Runny Nose
- Sinus Pain

Musculo-Skeletal

- Aches in Joints
- Muscle Pain

Gastrointestinal

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



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