

Food Intolerance Assessment

Answer each question with: never (0), seldom (1), sometimes (2), or often (3).

1. I need a pick-me-up to jump start the middle of my morning or afternoon. _____
2. I crave baked goods, pasta, and other carbohydrates. _____
3. I have difficulty falling asleep, or I awake during the night feeling anxious. _____
4. My bowel movements occur infrequently (less than 1 a day, sometimes painful). _____
5. My mood can change swiftly; I take out my crankiness and irritation on family. _____
6. I want to lay my head down on my desk mid-morning/afternoon, little motivation. _____
7. During meetings or conversations I zone out, and I struggle to concentrate at work. _____
8. Even though I eat a big meal, I find myself hungry several hours later. _____
9. Doing routine and/or important tasks take all the energy and initiative I have. _____
10. Even as an adult, using expensive cream, I struggle with acne or a rash on my skin. _____
11. I experience gassiness, bloating or other uncomfortable gut issues after a meal. _____
12. The smell of a scented candle, chain-store perfume, or certain detergents bothers me. _____
13. Walking or moving around can create cramping, achiness, or joint pain. _____
14. I develop headaches that leave me scrambling for the nearest pain reliever. _____
15. I eat all the right foods in moderation, and exercise, yet struggle to lose weight. _____
16. Even though I don't have other cold/flu symptoms, I suffer with sinus issues. _____

Total Score: _____

Deborah Allison, Integrative Nutrition Health Coach

What your scores mean:

21 or above

You most likely struggle with food intolerances or sensitivities that create numerous unpleasant symptoms for you. Weight loss and pain management can be difficult. By removing the most troublesome foods from your diet, you will see your symptoms and inflammation subside.

10–20

You display some of the symptoms that food intolerances can trigger. You would greatly benefit from removing these troublesome foods for at least two weeks, reducing your symptoms; then add them back in one at a time to see which ones should be avoided longer (based on your body's reaction).

Below 10

While you suffer few of the symptoms brought about by food intolerances, you could still benefit from removing these troublesome foods for just 2 weeks. Let your body be the judge! As our taste buds and diets evolve, we keep upping our game to feeling the BEST we can feel in our body.

Please visit my website to learn more at CoachDebAllison.com. I offer phone, Skype and Face Time integrative nutrition coaching sessions. Here is an excerpt from my [Food Sensitivity webpage](#):

“Common reactions to food sensitivities might be headaches, bloating, sinus pressure, joint pain, emotional outbursts, fatigue, constipation/diarrhea, eczema/psoriasis, urinary frequency/urgency, and susceptibility to infections (anywhere in the body), anxiety/depression, and weight gain/loss.

These symptoms which lead to inflammation in the body can potentially cause, and be labeled as much more serious conditions, such as an autoimmune disorder, arthritis, diabetes, asthma, mood disorders, infertility, cardiovascular disease, migraines, chronic fatigue syndrome, skin disorders, Fibromyalgia, IBS, the inability to lose weight, and even cancer.”

Many of my clients have received great benefits from trying the Clean Diet Challenge for 2 weeks!

“Based on my research, this program omits calorie dense processed foods, and foods that are known to cause inflammation, like Gluten, Dairy, Eggs, Soy, Sugar and chemical sweeteners.

No Calorie counting! Whole, clean foods are naturally lower in calories, and the mainstay of the 14-Day Clean Diet Challenge, with over 70 recipes included for breakfast, lunch and dinner.”