

## The Food Intolerance Questionnaire

Do you have on a regular basis (i.e. more than 3 times a week) the following?

### Section One - Digestive Related

1. Abdominal bloating / distention (2) .....
2. Abdominal cramps (2) .....
3. Abdominal or stomach pain (2) .....
4. Burping after eating certain foods .....
5. Catarrh (mucus) (2) .....
6. Difficulty losing weight .....
7. Difficulty gaining weight .....
8. Enuresis (bed wetting) (2) .....
9. Excess wind (flatulence) .....
10. Gallbladder problems (difficulty digesting fats) .....
11. Gastro-Oesophageal Reflux Disease (GORD) (2) .....
12. Glue Ear (Otitis Media) (2) .....
13. Gritty feeling in the eyes (2) .....
14. Haemorrhoids (piles) (2) .....
15. Indigestion (recurring) (2) .....
16. Inexplicable weight gain or weight loss .....
17. Irregular bowel motions (e.g. constipation or diarrhoea) (2) .....
18. Irritable Bowel Syndrome (IBS) (2) .....
19. Itchy bottom .....
20. Itchy, red ears (2) .....
21. Metallic taste in the mouth (2) .....
22. Mouth ulcers (2) .....
23. Nausea .....
24. Persistent need to clear your throat / sore throat (2) .....
25. Post-nasal drip (2) .....
26. Rhinitis (runny nose) (2) .....
27. Sinusitis (2) .....
28. Sneezing - frequent (2) .....
29. Water retention .....

(20 qu x 2 = 40)

(9 qu x 1 = 9)

**Sub-total maximum = /49**

### Section Two - Mental, emotional, nervous system related

30. Addictions .....
31. Aggressive outbursts .....
32. Attention Deficit Disorder / ADHD (2) .....
33. Anxiety .....
34. Behavioural Problems (2) .....
35. Blankness or momentary difficulty in finding the right word(s) (2) ..
36. Blurred vision (2) .....
37. Brain fag (2) .....
38. Changes in handwriting (2) .....
39. Clumsiness (2) .....

- 40. Confusion .....
- 41. Constant hunger (2) .....
- 42. Dark circles under your eyes (2) .....
- 43. Depression .....
- 44. Dilated blood vessels in your cheeks and nose (2) .....
- 45. Dizziness .....
- 46. Dyslexia (2) .....
- 47. Fidgeting .....
- 48. Foggy head (2) .....
- 49. Food cravings (2) .....
- 50. Headaches .....
- 51. Hyperactivity (esp. in children) (2) .....
- 52. Inability to think clearly (2) .....
- 53. Insomnia .....
- 54. Irritability .....
- 55. Lack of motivation / get up and go .....
- 56. Migraines (2) .....
- 57. Mood swings .....
- 58. Palpitations .....
- 59. Panic attacks .....
- 60. Phobias .....
- 61. Poor concentration .....
- 62. Racing pulse .....
- 63. Restless legs syndrome .....
- 64. Slurred speech .....
- 65. Spacey (2) .....
- 66. Tenseness .....
- 67. Tinnitus (ringing in the ears) (2) .....
- 68. Uncharacteristic inability to make decisions .....
- (18 qu x 2 = 36)
- (21 qu x 1 = 21)

**Sub-total maximum = /57**

**Section Three - Overt Physical Signs & Symptoms**

- 69. Abnormal physical weakness or tiredness .....
- 70. Aching muscles and joints for no good reason (2) .....
- 71. Arthritis .....
- 72. Asthma .....
- 73. Chronic Infections .....
- 74. Eczema .....
- 75. Fibromyalgia (diagnosed by a physical therapist or Dr.) (2) .....
- 76. Hives (urticaria) (2) .....
- 77. Itching (2) .....
- 78. Painful joints in which the pain moves from one joint to another (2) .....
- 79. Painful joint that is not associated with excessive use (2) .....
- 80. Psoriasis (2) .....
- 81. Rheumatoid Arthritis .....
- 82. Rough dry skin .....

- 83. Spots or acne (that is not hormonally related) .....
  - 84. Skin rashes (for no other known reason) (2) .....
  - 85. Wheezing .....
- (8 qu. X 2 = 16)  
(9 qu x 1 = 9)

**Sub-total maximum = /25**

As you can see there is quite a range of symptoms that can be caused by food intolerance, and this is not necessarily the definitive list.

**What is your score?**

**Section One        / 49**  
**Section Two        / 57**  
**Section Three      / 25**

**Overall Total      / 131**