

Understanding Your Body's Relationship With Food Chart

Copy this chart and use it with the foods you eat to find out if you are allergic to that food. Start getting to know how food is affecting your body and quality of life!

Date:	Food:	Symptoms After Eating:	Negative Symptoms to Watch For:
			Weight Gain
			Cravings
			Fluid Retention
			Changes in your skin (acne, rashes, eczema)
			Nasal Congestion
			Mood problems (depression, anxiety, anger, etc.)
			Brain Fog
			Sleep Problems
			Joints, Muscle Aches or Pain
			Changes in your digestion or bowel function (bloating, gas, diarrhea, constipation, reflux)
			Fatigue