

Feel free to contact us if you need more information.

This is a short list of symptoms people experience due to food intolerance or allergy. Food intolerance can be related to quantity and frequency, while a food allergy is any time you consume an allergen. In both cases, the symptoms can be immediate or delayed, and often similar.

Food Allergy Checklist

Food Intolerance

- Feeling dizzy or lightheaded
- Itchy skin
- Swelling of the lips, face, eyes
- Sneezing, runny or stuffed nose
- Feeling sick
- Tummy pain after eating
- Diarrhea
- Burning sensation on the skin
- Difficulty breathing

Allergy - Delayed Reactions (after multiple exposures)

- Need to clear throat in the morning or hoarse voice
- Chronic constipation
- Joint pain
- Snoring (due to blocked airways)
- Persistent hives on the face or other parts of the body
- Bloating
- Feeling gassy
- Itchy scalp, back, or legs
- Headaches
- Fatigue
- Brain fog
- Mood disorders
- Rash or hives
- Coughing after eating