

Suspecting a food intolerance?

Food Intolerances are known for causing sudden weight gain, water retention, and inability to lose excess weight. At The Health Coach Academy, we have developed the Food Intolerance Indicator Questionnaire, which consists of 3 health checks:

Digestive check | Symptoms check | Diet check

This assessment is not intended to diagnose an actual food intolerance, but rather to determine whether food intolerances might be affecting your health and weight as well as whether you may benefit from food intolerance testing.

QUESTIONNAIRE INSTRUCTIONS

In the questionnaire below, check the boxes that represent a “Yes” answer.

Score 1 point for every “Yes” answer. Write the total score for each health check at the top. Once you complete your assessment, sum up the scores of all 3 health checks, which will give you your total questionnaire score and results.

FOOD INTOLERANCE INDICATOR QUESTIONNAIRE

Digestive Check

- ☐ Do you experience lower abdominal bloating 3 or more times per week?
- ☐ Do you have loose stools or diarrhea 3 or more times per week?
- ☐ Do you experience constipation or stools that are compact or hard to pass 3 or more times per week?
- ☐ Do you find that you often burp after meals?
- ☐ Do you frequently have gas?
- ☐ Do you experience abdominal pain, cramps, or general abdominal discomfort more than twice a week?
- ☐ Do you have indigestion, heartburn, acid reflux, or an upset stomach more than twice a week?

Symptoms Check

- ☐ Do you often wake up with very puffy, itchy, or watery eyes and a blurred vision?
- ☐ Do you have significant weight fluctuation problems within the same week? E.g. clothing feels tighter and really uncomfortable on certain days.
- ☐ Do you often get a headache within 5 hours after eating?
- ☐ Do you often experience mucous congestion, sinus pain, or a runny nose within 5 hours after eating?
- ☐ Do you get skin rashes, spots, cold sores, or skin irritability within 48 hours of eating certain foods?
- ☐ Do you often experience itching in the ears, nose, or rectum area?
- ☐ Do you ever get a reddening around the mouth or nose area after eating or drinking?
- ☐ Do you ever get a sore throat, mouth irritability, or coughing within 5 hours after eating?
- ☐ In the past year, have you experienced athlete's foot (itching around the toes, soles, or heels), dandruff, toenail fungus, or parasite infection?

Diet Check

- ☐ Do you regularly eat or drink products containing sugar, white flour, or dairy?
- ☐ Do you crave certain foods such as bread, chocolate, sugary, milky, or fatty foods if you have not eaten them in a day or two?
- ☐ Do you often feel foggy, drowsy, or lethargic after eating?
- ☐ Do you have excessive appetite and/or sweet cravings?
- ☐ Have you gained 3 to 5 pounds in a day? (per a weigh-in the day after)
- ☐ Do you often experience mood swings, anxiety, or a rapid heartbeat after eating?
- ☐ Do you find that regardless of how much you eat you get hungry quickly?

Scores:

Digestive Check: _____

Symptom Check: _____

Diet Check: _____

Total Score: _____

FOOD INTOLERANCE QUESTIONNAIRE SCORE DESCRIPTION

0 - 1

An ideal score, indicating that your health and weight management efforts are unlikely to be stalled by eating certain foods such as gluten or dairy.

Focus on healthy eating, keep an eye on your daily energy intake, and make sure to increase your intake of fibre-rich foods (particularly vegetables), and sugar-free fluids such as plain water and herbal teas.

2 - 5

A tolerable – but not ideal score.

You could have a few undetected food intolerances that may be blocking your weight control efforts.

You may try to eliminate certain foods that you suspect may be your intolerance triggers and completely eliminate them for a minimum period of 2 weeks.

Reintroduce these foods one at a time, 4 days apart from one another, whilst monitoring your symptoms, weight fluctuations, and water retention signs.

Should symptoms persist you may want to consider Food Intolerance Testing to find out which foods you may be intolerant to.

6 - 19

An undesirable score, indicating that you are likely to have several food intolerances, which may be causing not just weight issues but also significant discomfort and health distress.

Food Intolerance testing may be necessary to establish which foods you are intolerant to. Conducting an elimination and reintroduction diet under the supervision of a Nutrition Practitioner, may be beneficial, once you have received your Food Intolerance Test results.

20 +

A very disadvantageous score, putting you in the high-risk group for a multitude of severe food intolerances, which may be damaging to your health and hindering weight management.

You may be displaying many symptoms associated with food intolerances.

Food Intolerance testing is necessary to establish which foods you are intolerant to. Conducting an elimination and reintroduction diet under the supervision of a Nutrition Practitioner, would be advisable, once you have received your Food Intolerance Test results.