



Screen for Food Allergy and Food Intolerance

Ref: Dr. John Briffa, *Body Wise*.

Score each question as indicated, and then add up your total score.

1. Do you feel lethargic soon after eating?

No	0 points
Occasional or mild problems	2 points
Frequent or severe problems	4 points

2. Do you often feel better if you don't eat?

No	0 points
Marginally better	2 points
Much better	4 points

3. Did you have problems such as colic, glue ear, ear infections, eczema, asthma or recurrent tonsillitis as a child?

No	0 points
Yes, occasional problems	3 points
Yes, frequent and/or severe problems	5 points

4. Do you have recurrent, unexplained symptoms?

No	0 points
Occasional or mild problems	2 points
Frequent or severe problems	4 points

5. Do you suffer from excess mucus or catarrh formation in the throat, nose or sinuses?

No	0 points
Occasional or mild problems	2 points
Frequent or severe problems	4 points

6. Do you feel particularly drawn to certain foods such as bread or cheese?

No	0 points
Occasionally	2 points
Frequently	4 points



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7. Do you have dark circles under your eyes?

- | | |
|-----------------------------|----------|
| No | 0 points |
| Yes | 2 points |
| Frequent or severe problems | 4 points |

8. Do you suffer from fluid retention? (Tight rings, puffy face or ankles and a weight which fluctuates by two or more pounds from day to day are classic signs.)

- | | |
|-----------------------------|----------|
| No | 0 points |
| Occasional or mild problems | 2 point |
| Frequent or severe problems | 2 points |

9. Do you suffer from irritable bowel syndrome?

- | | |
|-----------------------------|----------|
| No | 0 points |
| Occasional or mild problems | 1 points |
| Frequent or severe problems | 4 points |

10. Do you suffer from eczema, hives (urticaria) or undiagnosed rash?

- | | |
|-----------------------------|----------|
| No | 0 points |
| Occasional or mild problems | 2 points |
| Frequent or severe problems | 4 points |

Interpreting your score

- | | |
|--------------|---|
| 0 - 9 | Food sensitivity is unlikely |
| 10 - 20 | Food sensitivity should be considered as a possibility and testing is recommended |
| 21 and above | Food sensitivity is very likely and testing is highly recommended |