



## Instructions

# Food TOLERANCE TRACKING



Part of the secret of success in life is to **eat what you like** and let the food fight it out inside.

*Mark Twain*

If you have unpleasant symptoms and suspect food allergies or intolerances, this tool can help you get to know your body better and identify which foods positively or negatively affect you. Every digestive track is unique! Use this in conjunction with the information from your Food and Symptom Journal.

Foods on the **RED** list are foods that, without question, negatively impact you. For example, if you have celiac disease, gluten would be a **RED** food. If you eat strawberries and immediately get hives, this is not a food for you.

The **YELLOW** foods list is trickier. These are foods you suspect cause negative reactions, or foods that you can tolerate in limited quantities. For example, people with lactose intolerance can often eat small quantities of some milk products.

The **YELLOW** list can also include the same foods prepared in a different manner. For example, people with irritable bowel syndrome have trouble digesting raw broccoli (**RED** list) but if it is well-cooked and eaten in small portions, they can better tolerate it (**YELLOW** list).

The **GREEN** foods list is the most neglected but the most fun! When you diet or look for food allergies, you are so preoccupied with what you *can't* eat that you forget the amazing variety of foods you *can* eat. The **GREEN** food list are all the foods that you enjoy and that make you feel great. What foods do you love and which foods love you back?

