

## Allergy Symptom Checklist

Do you suffer from any of these symptoms immediately (within 2 hours) of eating?

If you suspect you have an allergy or intolerance, keeping a record of which foods produce the following symptoms, may help when you see your Doctor.

Symptom	Food or drink consumed	How long after eating before symptom appeared	Date
Tingling or itching in and around the mouth			
Swelling of the tongue and throat			
Flushing of the face or neck			
Rash			
Eczema, a skin condition often characterised by itching, blistering, thickening, or scaling of the skin, typically on the face, elbows, knees and arms.			
Hives (raised, itchy swelling of the skin)			
Vomiting			
Abdominal cramps			
Diarrhoea			
Wheezing or difficulty breathing			
Fainting, light-headedness, or dizziness			
Loss of consciousness			