|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Food allergies and intolerances

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S | R | N | G | N | I | T | I | M | O | V | E | F | N | I | I | D | L | V | H | D | P | F | D |
| M | J | D | T | C | D | T | D | V | Y | Y | G | U | L | A | T | Y | S | O | O | X | G | S | H |
| S | X | E | I | S | A | O | Z | B | U | E | G | R | L | O | L | H | K | U | H | X | Z | S | Q |
| Q | T | Q | W | E | X | A | C | D | J | S | S | L | D | A | O | U | U | W | C | A | A | N | O |
| R | W | P | S | S | A | D | S | G | F | H | W | B | S | N | P | Q | Q | I | Z | R | G | A | S |
| Q | J | U | E | P | I | P | E | N | J | F | N | H | O | H | H | X | T | A | K | R | J | M | D |
| N | A | V | G | Z | Z | A | H | B | X | N | P | G | E | N | B | R | O | D | T | W | G | H | W |
| N | F | M | O | I | V | Y | W | C | H | W | B | I | C | A | U | N | G | B | B | Q | G | T | S |
| E | S | A | E | S | I | D | C | A | I | L | E | C | C | S | T | C | Z | O | K | M | V | S | A |
| C | D | I | S | K | L | I | M | P | E | A | N | U | T | S | F | T | L | W | X | Q | B | A | I |
| S | M | K | A | C | S | W | P | Q | U | B | I | I | O | L | Z | R | K | U | X | N | C | F | J |
| E | F | H | G | P | T | L | H | E | T | O | S | A | U | G | S | J | W | H | E | E | T | S | M |
| S | K | Z | M | A | B | R | Q | Q | V | M | H | S | S | W | G | C | F | I | W | T | G | E | N |
| P | F | A | Z | K | T | D | R | V | H | Q | H | C | E | F | J | B | B | X | H | U | U | V | T |
| B | R | Y | T | X | S | Q | A | P | Q | S | R | L | D | B | K | N | B | L | E | L | P | I | L |
| C | K | H | A | S | J | J | X | Y | K | F | L | A | P | O | O | K | I | P | E | G | U | H | J |
| M | S | D | U | V | I | T | G | I | Z | I | P | D | R | W | V | P | I | N | Z | O | M | O | S |
| P | F | J | I | M | V | S | N | Z | N | O | X | H | Q | E | R | G | V | T | I | Z | D | P | W |
| E | F | N | F | L | L | V | R | G | J | Y | K | G | W | Z | M | E | J | G | N | C | C | K | L |
| H | S | I | F | L | L | E | H | S | E | E | S | F | I | S | H | C | T | W | G | Z | U | I | F |
| Q | Y | I | Y | C | S | K | C | O | H | S | C | I | T | C | A | L | Y | H | P | A | N | A | L |
| Q | E | L | Y | X | S | A | W | W | I | D | Q | I | Z | D | Z | B | C | U | K | J | X | D | P |
| M | D | J | R | P | Z | G | E | D | R | Q | U | H | S | L | Y | U | D | K | X | X | G | W | P |
| N | U | T | S | W | V | E | C | N | A | R | E | L | O | T | N | I | D | O | O | F | L | U | R |

   flush skin       swelling       fish       citrus       celiac disease       asthma       wheezing       nausea       cramps       vomiting       hives       rash       wheat       EpiPen       gluten       anaphylactic shock       nuts       food intolerance       eggs       milk       shellfish       peanuts