SYMPTOMS MATRIX
Start figuring out your problem foods here

The Food Intolerance Institute of Australia

The Symptoms Matrix

The **Symptoms Matrix** allows you to *narrow the possibilities* of your food intolerance – rather than diagnose it. To get an accurate identification of your food intolerance you need a purpose-designed journal – like a **foodintol® Testing Journal**.

Firstly, at the top of each column there is a link to a type of food intolerance - Dairy, Yeast etc. If your symptoms fall mostly in one column then there is a good chance you have that intolerance.

Secondly, there are nine **symptom types** for food intolerance. Which type(s) are yours? (Body weight; Gastro-intestinal; Malabsorptiom; Musculo-skeletal etc.)

The **second column** is the **symptom type** and may give you some clue to your symptoms. For example if you have a lot of fungal infections like thrush and tinea you can see it is associated with Yeast Sensitivity.

On the other hand Gastro-intestinal symptoms (to do with the stomach and intestines) are common to several types of food intolerance, but are not particularly linked to food allergy. Which are you?

Find each of your symptoms in the **first column** and then trace across to see which columns have a dot. Do this one by one for each symptom, e.g. headache, stomach bloating, eczema etc.

Print the Symptoms Matrix

Print up the Symptoms Matrix and mark your symptoms on the page with an "X". Then add up the columns to see if there is an indication of which intolerance you have.
You are looking for a **pattern** that matches up with your collection of symptoms. Remember, you may have more than one food intolerance.

Author: Deborah Manners B.Sc.(Hons)Dip.Ed is not a medical or healthcare professional. Ms Manners has multiple food intolerances and presents information from the point of view of the consumer. For medical advice – consult your doctor.

Common symptoms	Symptom type	Gluten intolerance (and Celiac Disease)	Dairy intolerance	Fructose Malabsorption and Fructose intolerance	Yeast Sensitivity (Candida)	Food allergies (eggs, nuts,soy, seafood etc.)
		<< Food intolerances >>				
Weight fluctuation	Body weight	•	•	•	•	•
Weight loss	Body weight	•		•	•	
Abdominal pain	Gastro-intestinal	•	•	•	•	
Bloating	Gastro-intestinal	•	•	•	•	
Bowel disorders	Gastro-intestinal	•	•	•	•	
Colitis	Gastro-intestinal	•	•	•	•	
Constipation	Gastro-intestinal	•	•	•	•	
Diarrhea	Gastro-intestinal	•	•	•	•	
Flatulence (Gas)	Gastro-intestinal	•	•	•	•	
Hemorrhoids	Gastro-intestinal	•	•	•	•	
Indigestion	Gastro-intestinal	•	•	•	•	
Irritable Bowel Syndrome	Gastro-intestinal	•	•	•	•	
Nausea	Gastro-intestinal		•	•		•
Stomach cramping	Gastro-intestinal	•	•	•		•
Vomiting	Gastro-intestinal		•	•		•
Anaphylactic shock	General					•
Drowsiness	General	•	•	•	•	•
Food cravings	General	•	•	•	•	

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Infection susceptibility	General	●	●		●	●
Lethargy	General	●	●	●	●	●
Mouth ulcers	General	●	●		●	
Mouth/lip swelling	General					●
Tissue swelling (oedema)	General	●	●		●	●
Yeast infection	General				●	●
Infertility	Genital/Urinary	●			●	
Menstrual disorders	Genital/Urinary	●			●	
Miscarriage	Genital/Urinary	●				
Urinary tract infection	Genital/Urinary	●	●		●	
Vaginal itching, discharge	Genital/Urinary				●	
Thrush	Genital/Urinary				●	
Vaginal infection	Genital/Urinary				●	
Anemia	Malabsorption	●	●	●	●	
Failure to thrive (in children)	Malabsorption	●				
Iron deficiency	Malabsorption	●	●	●		
Mineral deficiency	Malabsorption	●	●	●	●	
Arthritis	Musculo-skeletal	●	●		●	
Bone density loss	Musculo-skeletal	●	●	●		
Joint pain/swelling	Musculo-skeletal	●	●		●	●

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Muscular aches	Musculo-skeletal	•	•		•	
Neck pain	Musculo-skeletal	•	•			•
Rheumatic pain	Musculo-skeletal	•	•		•	
Anxiety, panic attacks	Neurological				•	
Autism	Neurological	•				
Behavioural problems	Neurological	•		•	•	
Blurred vision	Neurological				•	•
Concentration difficulty	Neurological			•	•	
Depression	Neurological	•		•	•	•
Dizziness, poor co-ordination	Neurological				•	
Headache	Neurological	•	•		•	•
Hyperactivity	Neurological			•	•	
Irritability	Neurological			•	•	•
Learning disability	Neurological	•			•	
Mental confusion	Neurological	•			•	
Migraine	Neurological	•	•		•	•
Poor memory	Neurological	•			•	
Sleeplessness	Neurological				•	•
Asthma	Respiratory	•	•		•	•
Breathlessness	Respiratory	•	•		•	•
Bronchitis (chronic)	Respiratory	•	•		•	•

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Cough (persistent)	Respiratory	●	●		●	●
Ear infections	Respiratory	●	●		●	●
Itchy nose	Respiratory	●	●			●
Nasal congestion	Respiratory	●	●		●	●
Post-nasal drip	Respiratory	●	●			●
Rhinitis	Respiratory	●	●			●
Runny nose	Respiratory	●	●			●
Sensitivity to chemicals	Respiratory	●	●		●	●
Sinusitis	Respiratory	●	●		●	●
Sneezing	Respiratory	●	●			●
Sore throat	Respiratory				●	●
Throat infections	Respiratory				●	●
Watering eyes	Respiratory					●
Wheezing	Respiratory	●	●		●	●
Athlete's Foot	Skin disorder				●	
Dermatitis Herpetiformis	Skin disorder	●				
Eczema	Skin disorder	●	●		●	●
Fungal nail	Skin disorder	●	●		●	
Hives (Urticaria)	Skin disorder	●	●		●	●
Flaking skin	Skin disorder	●	●		●	●
Itchy watery blisters	Skin disorder	●				●
Jock itch	Skin disorder				●	
Psoriasis	Skin disorder	●	●		●	●
Rashes	Skin disorder	●	●		●	●
Tinea	Skin disorder	●	●		●	