

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

anaphylactic shock  
shellfish  
peanuts  
cramps  
wheat  
eggs

food intolerance  
swelling  
citrus  
EpiPen  
fish  
milk

celiac disease  
wheezing  
asthma  
gluten  
rash

flush skin  
vomiting  
nausea  
hives  
nuts