

# Food Intolerance Test

On your next visit, please bring a small sample (about the size of a 50p piece) of each of the following foods plus anything else you may want testing. Wrap each piece of food INDIVIDUALLY in cling film or foil. Use small bottles or containers for the drinks. Do not bring any foods which you do not normally eat.

Potato (cooked)

Tomato

Butter

Margarine

Cheese

Cake/biscuit

Jam

Fizzy drink

Egg

Cooked pasta

Black tea

Fruit or fruit juice

Black coffee

Bread

Milk

Marmalade

Chocolate

Oats

Sweeteners



SpineWaves  
Chiropractic

Recommendations