Behaviour/Development

No Maybe Yes

Food/Environment Reacts to:-

No Maybe Yes

Angry, Resentful Argues with Parents, teachers Touchy, easily annoyed Loses temper Refuses adult's requests Defies rules Cries easily Inattentive Easily distracted Fails to finish tasks Not listening to instructions Restless, over active Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Refuses adult's requests Rot enough water Preservative/additives Not enough water Craves certain foods Prequent accidents Frequent accidents Prequent accidents	 	
Touchy, easily annoyed Loses temper Refuses adult's requests Defies rules Cries easily Inattentive Easily distracted Fails to finish tasks Not listening to instructions Restless, over active Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Not enough water Fussy eater Craves certain foods Frequent accidents Frequent night wakening Night terrors Difficulty falling asleep Bed wetting Stuffy/runny nose Ear infection Noise in ears Disturbs others Constantly fidgeting Constipation Stomach aches Tiredness Diarrhoea/bloating Loud voice Talks too much Aches and pains	Angry, Resentful	Flavours, colourings
Loses temper Refuses adult's requests Defies rules Cries easily Inattentive Easily distracted Fails to finish tasks Not listening to instructions Restless, over active Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Refuses adult's requests Craves certain foods Frequent accidents Frequent night wakening Night terrors Difficulty falling asleep Bed wetting Stuffy/runny nose Ear infection Noise in ears Disturbs others Constantly fidgeting Mood changes Diarrhoea/bloating Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Loud voice Talks too much Aches and pains	Argues with Parents, teachers	Preservative/additives
Refuses adult's requests Defies rules Cries easily Inattentive Easily distracted Fails to finish tasks Not listening to instructions Restless, over active Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Craves certain foods Frequent accidents Frequent night wakening Night terrors Difficulty falling asleep Bed wetting Stuffy/runny nose Ear infectio Noise in ears Headaches, migraines/fevers Itchy skin/rashes Diarrhoea/bloating Constinuty fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Loud voice Talks too much Aches and pains	Touchy, easily annoyed	Not enough water
Defies rules Cries easily Inattentive Easily distracted Fails to finish tasks Not listening to instructions Restless, over active Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Frequent accidents Beautique Accidents Constituted Skin/rashes Diarrhoea/bloating Constituted Stomach accidents Frequent accidents Constituted Stomach accidents Frequent accidents Constituted Stomach accidents Frequent accidents Facility accidents Frequent accidents Frequent accidents Frequent accidents Frequent accidents Frequent accidents Frequent accidents Facility accidents Frequent accidents Facility accidents Frequent accidents Facility accidents F	Loses temper	Fussy eater
Cries easily Inattentive Inattentive Easily distracted Fails to finish tasks Not listening to instructions Restless, over active Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Frequent night wakening Night terrors Difficulty falling asleep Bed wetting Stuffy/runny nose Ear infection Noise in ears Headaches, migraines/fevers Itchy skin/rashes Diarrhoea/bloating Constipation Stomach aches Tiredness Poor concentration Loud voice Talks too much Aches and pains	Refuses adult's requests	Craves certain foods
Inattentive	Defies rules	Frequent accidents
Easily distracted Fails to finish tasks Not listening to instructions Restless, over active Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Difficulty falling asleep Bed wetting Stuffy/runny nose Ear infection Noise in ears Headaches, migraines/fevers Itchy skin/rashes Diarrhoea/bloating Constipation Stomach aches Tiredness Poor concentration Loud voice Talks too much Aches and pains	Cries easily	Frequent night wakening
Fails to finish tasks Not listening to instructions Restless, over active Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Bed wetting Stuffy/runny nose Ear infection Noise in ears Headaches, migraines/fevers Itchy skin/rashes Diarrhoea/bloating Constipation Stomach aches Tiredness Poor concentration Loud voice Talks too much Aches and pains	Inattentive	Night terrors
Not listening to instructions Restless, over active Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Stuffy/runny nose Ear infection Noise in ears Headaches, migraines/fevers Itchy skin/rashes Diarrhoea/bloating Constipation Stomach aches Tiredness Poor concentration Loud voice Talks too much Aches and pains	Easily distracted	Difficulty falling asleep
Restless, over active Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Ear infection Noise in ears Headaches, migraines/fevers Itchy skin/rashes Diarrhoea/bloating Constipation Stomach aches Tiredness Poor concentration Loud voice Talks too much Aches and pains	Fails to finish tasks	Bed wetting
Disturbs others Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Headaches, migraines/fevers Itchy skin/rashes Diarrhoea/bloating Constipation Stomach aches Tiredness Poor concentration Loud voice Talks too much Aches and pains	Not listening to instructions	Stuffy/runny nose
Constantly fidgeting Mood changes Impulsive and excitable Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Itchy skin/rashes Diarrhoea/bloating Constipation Stomach aches Tiredness Poor concentration Loud voice Talks too much Aches and pains	Restless, over active	Ear infection Noise in ears
Mood changesDiarrhoea/bloatingImpulsive and excitableConstipationExplosive outburstsStomach achesUnpredictable behaviourTirednessEasily frustratedPoor concentrationAntisocialLoud voice Talks too muchLow self esteemAches and pains	Disturbs others	Headaches, migraines/fevers
Impulsive and excitableConstipationExplosive outburstsStomach achesUnpredictable behaviourTirednessEasily frustratedPoor concentrationAntisocialLoud voice Talks too muchLow self esteemAches and pains	Constantly fidgeting	Itchy skin/rashes
Explosive outbursts Unpredictable behaviour Easily frustrated Antisocial Low self esteem Stomach aches Tiredness Poor concentration Loud voice Talks too much Aches and pains	Mood changes	Diarrhoea/bloating
Unpredictable behaviour Easily frustrated Antisocial Low self esteem Tiredness Poor concentration Loud voice Talks too much Aches and pains	Impulsive and excitable	Constipation
Easily frustrated Poor concentration Antisocial Loud voice Talks too much Low self esteem Aches and pains	Explosive outbursts	Stomach aches
Antisocial Loud voice Talks too much Low self esteem Aches and pains	Unpredictable behaviour	Tiredness
Low self esteem Aches and pains	Easily frustrated	Poor concentration
	Antisocial	Loud voice Talks too much
Repetitive noises/actions Upset with smells	Low self esteem	Aches and pains
	Repetitive noises/actions	Upset with smells