Appendix 8: Your Food Trials

Food Trial	Trial Dates	Serving	Symptoms	Verdict
Avocado (example)	Mon, Sept 10, 2012	¼ avocado	Nothing the first 2 days, bloating on Wednesday after eating whole avocado	Unsure… seem to tolerate small amounts, but need to try again to determine if I tolerate ¼ to ½ avocado
	Tues, Sept 10, 2012	½ avocado		
	Wed, Sept 10, 2012	1 avocado		