



Trigger Foods Rating Sheet

Below is a list of foods that might be triggering cravings or other negative reactions. Score the severity of cravings from 0-10 on its left side. On its right, check off and date when you eliminate a food. If that food is reintroduced later, check off and date. Plan to retake this questionnaire at least monthly. (Ref: The Craving Cure, Julia Ross)

Do not reintroduce an item if you still crave it. Work on eliminating the craving totally first.

CRAVING 0-10	FOODS	ELIMINATE DATE	REINTRODUCE DATE
_____	Grain-based desserts (including gluten-free), e.g., cookies, cake, doughnuts, pie	_____	_____
_____	Yeast bread: white or whole wheat flour or gluten-free flour	_____	_____
_____	Sweetened quick breads, e.g., muffins, scones	_____	_____
_____	Other baked goods, e.g., rolls, croissants, buns	_____	_____
_____	Wheat flour tortillas	_____	_____
_____	Corn tortillas, e.g., tacos	_____	_____
_____	Pasta and pasta dishes: white, whole wheat, or gluten-free	_____	_____



NATURAL SOLUTIONS FOR
HORMONE BALANCE *Sisterhood*

CRAVING 0-10	FOODS	ELIMINATE DATE	REINTRODUCE DATE
_____	Pizza (including gluten-free)	_____	_____
_____	Ready-to-eat cold cereals	_____	_____
_____	Hot cereal - whole grain	_____	_____
_____	Oats, e.g., granola, oatmeal	_____	_____
_____	Rice-based dishes, white or brown rice	_____	_____
_____	Other forms of gluten: spelt, couscous, rye, barley, or bulgur	_____	_____
_____	Non-gluten grains	_____	_____
_____	Ice cream, frozen yogurt, crème brûlée, pudding, custard	_____	_____
_____	Cheese	_____	_____
_____	Butter	_____	_____
_____	Flavored yogurt, low-fat	_____	_____
_____	Plain yogurt, full-fat	_____	_____



CRAVING 0-10

FOODS

ELIMINATE DATE

REINTRODUCE DATE

_____	Milk: whole or low-fat	_____	_____
_____	Cream	_____	_____
_____	BBQ or sweet & sour sauce	_____	_____
_____	Peanuts, peanut butter	_____	_____
_____	Chips: potato, corn, other	_____	_____
_____	Popcorn	_____	_____
_____	Candy with chocolate	_____	_____
_____	Candy without chocolate	_____	_____
_____	Candy with nuts/seeds	_____	_____
_____	Gum, sugared or sugarless	_____	_____
_____	Nuts or seeds	_____	_____
_____	Nut or seed butters	_____	_____



NATURAL SOLUTIONS FOR
HORMONE BALANCE *Sisterhood*

CRAVING 0-10	FOODS	ELIMINATE DATE	REINTRODUCE DATE
_____	Soda, energy/sports drinks (sugar or sugarless)	_____	_____
_____	Agave or fruit syrup - sweetened foods or drinks	_____	_____
_____	Zero calorie sweeteners	_____	_____
_____	Fruit drinks, e.g., Kool-Aid, orange juice, sodas, kombucha	_____	_____
_____	Coffee or tea	_____	_____
_____	Coffee, lattes, tea, or chai with sugar or artificial sweetener	_____	_____
_____	Grain-based alcoholic beverages (beer, liquor)	_____	_____
_____	Wine, mixed drinks	_____	_____
_____	Potatoes, yams, winter squash, parsnips	_____	_____
_____	Fresh fruit	_____	_____
_____	Dried fruit	_____	_____
_____	Foods sweetened with honey, maple syrup, molasses, etc	_____	_____