



Some foods may make my tummy hurt, or make me feel different



Breads

I need to pay more attention to the foods I eat and see if certain foods make my tummy hurt or make me feel different. My body may be trying to tell me that these foods that make me feel different are not good for my body.



<ul style="list-style-type: none">• Fruits	<ul style="list-style-type: none">• Potatoes
<ul style="list-style-type: none">• Vegetables	<ul style="list-style-type: none">• Meats
<ul style="list-style-type: none">• Cheese	<ul style="list-style-type: none">• Chicken
<ul style="list-style-type: none">• Ice Cream	<ul style="list-style-type: none">• Turkey
<ul style="list-style-type: none">• Whole Grain Foods/Breads	<ul style="list-style-type: none">• Fish

Some foods may cause my tummy to hurt or make me have a lot of gas, where I would burp out my attic (my mouth), or pass gas out my basement (my butt). :o) Some of those foods may be pizza, milk, cheese or breads. I need to let my mom and dad know if this happens. That way they can make sure I do not eat the foods that caused me to feel this way anymore.



Some foods may cause my head to hurt, or feel dizzy and not focused, or make me run around all

over being squirly, just like a little squirrel.  :o)

Again, I would need to let my mom and dad know what I ate that made me feel this way, so they could make sure I do not it again.