

Personal Triggers: Notes

Spicy Food	Spicy Ingredients	Fruits	Coffee	Tea	Alcohol Alcoholic Drinks
<ul style="list-style-type: none"> ■ Hot Peppers ■ Mexican- style food ■ Chili ■ Salsa ■ Hot sausage ■ Cajun-style food 	<ul style="list-style-type: none"> ■ Hot sauces ■ Chili powder ■ Red pepper ■ Black pepper ■ Paprika ■ Horseradish ■ Barbecue sauce ■ Tomato juice ■ MSG ■ Curry ■ Vinegar ■ Meat marinades ■ mustard 	<ul style="list-style-type: none"> ■ Raspberry ■ Strawberry ■ Blueberry ■ Tomato 	<ul style="list-style-type: none"> ■ Strong ■ Regular ■ Decaf. ■ Coffee drinks ■ Caffeine drinks 	<ul style="list-style-type: none"> ■ Black ■ Brown ■ Green ■ White ■ Strong ■ Regular ■ Decaf. ■ Tea drinks 	<ul style="list-style-type: none"> ■ Vodka ■ Other liquors ■ Red wine ■ White wine ■ Sparkling wine ■ Beer

My own triggers – not found in the table