

FAST Self-Assessment

Do you:

- Overthink food and symptoms?
- Feel terrified about eating certain foods (without a medical diagnosis)?
- Experience symptoms when you are near or see a picture of your triggers?
- Participate in online support groups that discuss food sensitivities or that have rigid views on nutrition?
- Avoid getting together with friends because of your dietary restrictions?
- Read articles or watch videos about the dangers of common foods?
- Assume that most of your symptoms are food-related?
- Limit your diet based on restriction lists (e.g. low histamine, low salicylate, etc.) or food sensitivity testing?
- Work with health professionals that suggest or reinforce extreme dietary restrictions?

If you answered “yes” to more than two questions, you may be stuck in the [Food Avoidance & Sensitivity Trap \(FAST\)](#)? Over time, this vicious cycle can create [conditioned food hypersensitivity](#).

Fortunately, you can minimize your conditioned food hypersensitivities and end your restricted diet struggles. The FAST Freedom Blog has expert advice and guidance to get you started.

The [FAST Freedom Program](#) will help you break free from the Food Avoidance & Sensitivity Trap. Our registered dietitians will support you through our unique five-phase plan with simple, practical strategies. Finally, there is a way to make peace with food and expand your diet!

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The assessment can be incorporated into other articles, in part or in whole. Please provide credit to Wendy Busse and a link to www.FASTFreedomProgram.com.