

Are You Stuck in the C-FAST Cycle?



The following quiz is designed to help you identify whether you may be caught in the C-FAST cycle. For some individuals, conditioned responses contribute only slightly to food sensitivities, while for others, they can have a significant—even debilitating—effect.

As you go through the assessment, try to maintain an open and self-compassionate mindset.

Risk Factors

- Mysterious symptoms
- Food and symptom journaling
- Diagnosed food hypersensitivity (e.g., anaphylaxis, celiac disease)
- Food sensitivity testing
- Participating in online support groups that discuss food sensitivities or rigid nutrition views
- Reading articles or watching videos about the dangers of common foods
- Limiting your diet based on restriction lists (e.g., low histamine, low salicylate, etc.)
- Working with health professionals who suggest or reinforce extreme dietary restrictions

Red Flags

- Overthinking food and symptoms
- Symptoms when you see or think about food
- Mental or physical tension when you think about food
- Impulsive eating
- Avoiding food-related social gatherings
- Food restrictions have increased over time

Common Feelings When You Are Stuck

- Frustrated by an endless cycle of elimination diets
- Hypervigilant around food
- Preoccupied with food and symptoms
- Confused/frustrated about what to eat and what to avoid
- Powerless over food and symptoms

If you checked three or more statements, you may be caught in the C-FAST cycle.