Cherry Blossom
NATURAL • WELLNESS

Food Sensitivity Clue Tracker

Use this checklist to spot the subtle signs your body may be reacting to certain foods. Mark the clues you notice in yourself or your child. Patterns help Dr. Mack uncover which foods may be contributing to your symptoms.

Contact our office at 248-274-6516 to schedule an appointment today!

SECTION 1: The Everyday Clues

Energy & Brain Function

- ☐ Energy drop 20–60 minutes after meals
- ☐ Afternoon fatigue that feels out of proportion
- ☐ Brain fog after eating
- ☐ Trouble focusing or staying mentally sharp
- ☐ Feeling heavy or sluggish after meals

Mood & Nervous System

- ☐ Irritability after eating
- ☐ Mood swings throughout the day
- ☐ Feelings of overwhelm without an obvious trigger
- ☐ Restlessness or agitation after snacks or meals

Skin Signals

- ☐ Redness
- ☐ Dryness
- ☐ Bumps or breakouts
- ☐ Flaky patches
- ☐ Skin that changes unpredictably

Sleep Patterns

- ☐ Waking during the night
- ☐ Trouble falling asleep
- ☐ Feeling unrefreshed in the morning
- ☐ Sleep that worsens after certain meals or snacks

SECTION 2: Digestive & Non-Digestive Clues

Digestive

- ☐ Bloating
- ☐ Gas
- ☐ Discomfort after meals
- ☐ Irregular bowel patterns

Non-Digestive

- ☐ Congestion that isn't linked to a cold
- ☐ Post-meal sinus pressure
- ☐ Headaches that appear after eating
- ☐ Frequent throat clearing

SECTION 3: Children's Clues

Behavior

- ☐ Meltdowns after meals or snacks
- ☐ Hyperactivity or irritability
- ☐ Difficulty focusing
- ☐ Unpredictable emotional swings

Body Signals

- ☐ Frequent tummy complaints
- ☐ Congestion without illness
- ☐ Trouble falling asleep or staying asleep
- ☐ Recurrent skin irritation

Daily Rhythms

- ☐ Energy highs and lows that don't match activity level
- ☐ Sensitivity to noise or stimulation after eating

SECTION 4: Michigan & Midwest Food Patterns to Watch

- ☐ Dairy-heavy meals
- ☐ Wheat-based foods
- ☐ Processed snacks
- ☐ Fried comfort foods
- ☐ Added sugar
- ☐ Large portions at one sitting
- ☐ Eating similar foods every day

SECTION 5: Tracking Patterns

Timing

- ☐ Symptoms appear within 30 minutes of eating
- ☐ Symptoms appear 1–3 hours after eating
- ☐ Symptoms worsen later in the afternoon
- ☐ Symptoms shift from day to day

Frequency

- ☐ Happens several times per week
- ☐ Happens daily
- ☐ Happens only after certain meals
- ☐ Hard to predict

SECTION 6: What To Bring to Your Appointment

- ☐ This completed checklist
- ☐ A 3–5 day food log
- ☐ List of your top daily or repeated foods
- ☐ Any recent blood work
- ☐ Notes on your sleep and energy pattern
- ☐ Any observations from your child's behavior

SECTION 7: When to Schedule a Discovery Call

- ☐ You checked several clues in more than one category
- ☐ Symptoms appear repeatedly after meals
- ☐ Your energy or mood feels unpredictable
- ☐ A child shows recurring behavior or sleep challenges
- ☐ Skin issues flare without a clear cause
- ☐ You've tried changing routines but symptoms continue
- ☐ You want a deeper look at possible food-related patterns