



Food Sensitivity Test

Patient Name: JOY PACITTO

Test Date: 12 Jun 2008

Healthcare Provider: JOY PACITTO, MS

File #: 43519 (202)

Severe Intolerance

CARROT
CHILI PEPPER
EGG YOLK
GOAT'S MILK
HALIBUT
PEANUT
PEAR
TURNIP
WHEAT

Moderate Intolerance

ANISE SEED
BASS
BLACKBERRY
BRAZIL NUT
CATFISH
CAULIFLOWER
CAYENNE PEPPER
CRAB
FIG
GINGER
GREEN PEA
LENTIL BEAN
LOBSTER
MALT
NUTMEG
OAT
OKRA
ONION
PARSLEY
PECAN
PINTO BEAN
RADISH
SCALLOP
SHRIMP
SNAPPER
SOLE
SOYBEAN
SPINACH
THYME
TURMERIC
VENISON
WHITEFISH

Mild Intolerance

ANCHOVY*
APPLE*
ARTICHOKE*
BANANA*
BASIL*
BAY LEAF*
BEEF*
BLACK-EYED PEAS*
CABBAGE*
CANE SUGAR*
CARAWAY*
CHICK PEA*
CHICKEN*
DILL*
DUCK*
EGG WHITE*
EGGPLANT*
GRAPEFRUIT*
HADDOCK*
HERRING*
HONEYDEW (MELON)
LAMB*
LIMA BEAN*
LIME*
LIVER (BEEF)*
MINT*
NAVY BEAN*
OYSTER*
PINEAPPLE*
QUINOA*
RABBIT*
RHUBARB*
SAGE*
SUNFLOWER*
SWEET POTATO*
TAPIOCA*
TARRAGON*
TURKEY*
WALNUT*
WATERMELON*

VEGETABLES / LEGUMES

ACORN SQUASH
BROCCOLI
CUCUMBER
GREEN PEPPER
KELP
MUSHROOM
SQUASH (Yellow)
WATERCRESS

ASPARAGUS
BRUSSEL SPROUTS
ENDIVE
ICEBERG LETTUCE
KIDNEY BEAN
MUSTARD
STRING BEAN
WHITE POTATO

BEET
CELERY
FAVA BEAN
JALAPENO PEPPER
LEEK
PARSNIP
SWISS CHARD
ZUCCHINI

BOK CHOY
CHICORY
FENNEL
KALE
MUNG BEAN
ROMAINE LETTUCE
TOMATO

FRUITS

APRICOT
CANTALOUPE
GRAPE
NECTARINE
PEACH
RASPBERRY

AVOCADO
CHERRY
KIWI
OLIVE
PLUM
STRAWBERRY

BLACK CURRANT
CRANBERRY
LEMON
ORANGE
POMEGRANATE

BLUEBERRY
DATE
MANGO
PAPAYA
PUMPKIN

MEAT

PHEASANT
PORK
QUAIL
VEAL

DAIRY

SEAFOOD

CLAM
MACKEREL
SQUID

CODFISH
MUSSEL
SWORDFISH

CRAYFISH
SALMON
TROUT

FLOUNDER
SARDINE
TUNA

GRAINS

BUCKWHEAT
CORN
MILLET
RICE

HERBS / SPICES

BLACK PEPPER
CORIANDER
OREGANO

CARDAMOM
CUMIN
PAPRIKA

CINNAMON
CURRY POWDER
ROSEMARY

CLOVE
LIQUORICE
SAFFRON

NUTS/ OILS AND MISC. FOODS

ALMOND
BREWER'S YEAST
COCOA
FLAXSEED
HONEY
PINE NUT
SESAME

BAKER'S YEAST
CAROB
COCONUT
FRUCTOSE
HOPS
PISTACHIO
VANILLA

BEET SUGAR
CASHEW
COFFEE
GARLIC
MACADAMIA
PSYLLIUM

BLK/GREEN TEA
CHAMOMILE
COTTONSEED
HAZELNUT
MAPLE SUGAR
SAFFLOWER

You have no reaction to Candida Albicans.

You have no reaction to Gluten and moderate reaction to Gliadin, avoid these foods:

| | | |
|--------|-----|-------|
| BARLEY | RYE | SPELT |
|--------|-----|-------|

You have no reaction to Whey and severe reaction to Casein, eliminate these foods:

| | |
|------------|--------------|
| COW'S MILK | SHEEP'S MILK |
|------------|--------------|

RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months. YELLOW indicates a mild intolerance and these foods should be avoided if possible. ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months. GREEN indicates acceptable foods / no reaction.



Food Sensitivity Test
4 Day Rotation Diet

Patient Name: JOY PACITTO
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DAY 1

STARCH

TAPIOCA*
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE*
BLACK-EYED PEAS*
CELERY
CHICORY
EGGPLANT*
GREEN PEPPER
ICEBERG LETTUCE
KALE
ROMAINE LETTUCE
TOMATO

FRUIT

BANANA*
BLACK CURRANT
DATE
GRAPE
KIWI
MANGO
PAPAYA
STRAWBERRY

PROTEIN

BEEF*
CHICK PEA*
CODFISH
FAVA BEAN
FLOUNDER
HERRING*
LAMB*
OYSTER*
SARDINE
SWORDFISH
VEAL

MISCELLANEOUS

BAY LEAF*
CARAWAY*
CASHEW
CHAMOMILE
COCONUT
CORIANDER
CUMIN
FLAXSEED
HONEY
LIQUORICE
PISTACHIO
ROSEMARY
SAFFLOWER

DAY 2

STARCH

MILLET

VEGETABLES

BOK CHOY
BROCCOLI
BRUSSEL SPROUTS
CABBAGE*
ENDIVE
KELP
MUSHROOM
MUSTARD
ZUCCHINI

FRUIT

APPLE*
AVOCADO
BLUEBERRY
CRANBERRY
PINEAPPLE*
POMEGRANATE

PROTEIN

CHICKEN*
EGG WHITE*
MACKEREL
PHEASANT
QUAIL
SQUID
TUNA

MISCELLANEOUS

BAKER'S YEAST
BASIL*
BREWER'S YEAST
CANE SUGAR*
CINNAMON
CLOVE
GARLIC
HAZELNUT
HOPS
MAPLE SUGAR
MINT*
PAPRIKA
SAFFRON

DAY 3

STARCH

CORN
QUINOA*
SWEET POTATO*

VEGETABLES

ACORN SQUASH
ASPARAGUS
FENNEL
LEEK
LIMA BEAN*
STRING BEAN
SWEET POTATO*

FRUIT

APRICOT
CHERRY
LIME*
NECTARINE
PEACH
PLUM
RASPBERRY

PROTEIN

ANCHOVY*
CRAYFISH
DUCK*
KIDNEY BEAN
MUNG BEAN
NAVY BEAN*
PORK
RABBIT*

MISCELLANEOUS

ALMOND
CARDAMOM
COCOA
COFFEE
COTTONSEED
DILL*
MACADAMIA
OREGANO
PSYLLIUM
TARRAGON*

DAY 4

STARCH

BUCKWHEAT
RICE

VEGETABLES

BEEF
CUCUMBER
JALAPENO PEPPER
PARSNIP
RHUBARB*
SQUASH (Yellow)
SWISS CHARD

FRUIT

CANTALOUPE
GRAPEFRUIT*
HONEYDEW (MELON)*
LEMON
OLIVE
ORANGE
PUMPKIN
WATERMELON*

PROTEIN

CLAM
HADDOCK*
LIVER (BEEF)*
MUSSEL
SALMON
TROUT
TURKEY*

MISCELLANEOUS

BEEF SUGAR
BLACK PEPPER
BLK/GREEN TEA
CAROB
CURRY POWDER
FRUCTOSE
PINE NUT
SAGE*
SESAME
SUNFLOWER*
VANILLA
WALNUT*

Foods To Avoid

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ANISE SEED



Anise is found in cakes, cookies, and sweet breads. In the Middle East and India, it is used in soups and stews. Its licorice like flavor is popular in candies and Anise oil is used in liqueurs. For reintroduction, place on day: 4

BASS



Many different fish, not all related, are sold under the name of bass. Black sea bass, with its lean, firm flesh, is popular in Chinese cooking, steamed or deep-fried. Red and black groupers, the two most common kinds, are caught in temperate waters and appear in the cuisine of many Spanish-speaking countries. Most white sea bass on the market comes from Mexico. Although it is classified as in the drum family, White Sea bass has firm white flesh like most members of the sea bass family. For reintroduction into diet, place into day: 2

BLACKBERRY



The soft fruit is popular for use in desserts, jams, jellies and sometimes wine. Since the many species form hybrids easily, there are many cultivars with more than one species in their ancestry. Also avoid boysenberry, dewberry and loganberry. For reintroduction into diet, place into day: 3

BRAZIL NUT



Brazil nut is a large nut with brown skin, and can be used in recipes that call for coconut or macadamia nuts, as they are high in fat content resulting in a rich flavor. Brazil nuts are high in Selenium. For reintroduction, place on day 3.

CARROT



Carrots are often chopped and boiled, fried or steamed, and cooked in soups and stews, as well as baby and pet foods. Together with onion and celery, carrots are one of the primary vegetables used to make various broths. Carrot juice is also widely marketed, especially as a health drink, either stand-alone or blended with fruits and other vegetables. For reintroduction into diet, place into day: 1

CATFISH



Catfish have been widely caught and farmed for food for hundreds of years in Africa, Asia, Europe, and North America. In Central Europe, catfish were often viewed as a delicacy to be enjoyed on feast days and holidays. The most commonly eaten species in the United States are the channel catfish and blue catfish, both of which are common in the wild and increasingly widely farmed. Catfish is eaten in a variety of ways; in Europe it is often cooked in similar ways to carp, but in the United States it is typically breaded with cornmeal and fried. For reintroduction into diet, place into day:

CAULIFLOWER



Cauliflower can be roasted, boiled, fried, steamed or eaten raw. Cauliflower is often served with a cheese sauce or with a meat gravy. Low carb dieters can use cauliflower as a reasonable substitute for potatoes for while they can produce a similar texture, or mouth feel, they lack the starch of potatoes; cauliflower is actually used to produce a potato substitute known as fauxtato. For reintroduction into diet, place into day: 2

CAYENNE PEPPER



The fruits are generally dried and ground, or pulped and baked into cakes, which are then ground and sifted to make the powder, Cayenne pepper. Cayenne is used in cooking spicy hot dishes, as a powder or in its whole form (such as in Szechuan cuisine) or in a thin, vinegar-based sauce. For reintroduction into diet, place into day: 2

CHILI PEPPER



The chili has a long association with Mexican cuisine as later adapted into Tex-Mex cuisine. Although unknown in Asia until Europeans introduced it there, chili has also become a part of the Korean, Indian, Indonesian, Szechuan, Thai and other cooking traditions. Its popularity has seen it adopted into many cuisines of the World. Chili peppers are also often used around the world to make a wide variety of sauces, known as hot sauce, chili sauce, or pepper sauce. Also avoid curry, paprika, pimento, red pepper, jalapeno pepper and Tabasco sauce. For reintroduction into diet, place into day: 1

CRAB



Crabs are found in all of the world's oceans. Additionally, there are also many freshwater and terrestrial crabs, particularly in tropical regions. Also avoid seafood soups, seafood salads, imitation crab and crab cakes. For reintroduction into diet, place into day: 1

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with your rotation diet plan.

Foods To Avoid

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EGG YOLK



An egg yolk is the part of an egg which serves as the food source for the developing embryo inside. It is sometimes separated from the egg white and used in cooking (for mayonnaise, custard, hollandaise sauce, crème brûlée, avgolemono, and ovos-moles). Also avoid egg, mayonnaise, albumen, egg powder, custard, quiche, egg noodles, and egg pasta. Eggs can also be a hidden ingredient in glazes and margarine. Egg can also be used in some ice creams. Egg can be listed as ovalbumin or lecithin. For reintroduction into diet, place into day: 2.

FIG



The Common Fig is widely grown for its edible fruit throughout its natural range Iran and also in the rest of the Mediterranean region and other areas of the world with a similar climate, including Australia, Chile, South Africa, and California, Oregon, Texas, and Washington in the United States. Figs can be eaten fresh or dried, and used in jam-making. For reintroduction into diet, place into day: 1

GINGER



The juice from old ginger roots is extremely potent and is often used as a spice in Chinese cuisine to flavor dishes. Powdered dry ginger root (ginger powder) is typically used to add spiciness to gingerbread and other recipes. Ginger is also made into candy and used as a flavoring for cookies, crackers and cake, and is the main flavor in ginger ale, as well as the similar, but somewhat spicier beverage ginger beer. For reintroduction into diet, place into day: 2

GOAT'S MILK



Goat milk is commonly processed into cheese, goat butter, ice cream and other products. Goat milk can successfully replace cow milk in diets of those who are allergic to cow milk. However, like cow milk, goat milk has lactose (sugar) and may cause gastrointestinal problems for individuals with lactose intolerance. It also contains a form of Casein, a Protein in all Mammals' milk. For reintroduction into diet, place into day: 2

GREEN PEA



Fresh peas are often eaten boiled as a side dish vegetable. Commonly used in many different Chinese and Indian foods. Peas are also used in pot pies, salads and casseroles. Also avoid cream peas, split peas, frozen mixed vegetables. For reintroduction into diet, place into day: 3

HALIBUT



Halibut is very versatile in the kitchen, as well, with many recipes for baking, broiling, pan-frying, deep-frying, poaching or barbecuing. For reintroduction into diet, place into day:3

LENTIL BEAN



Avoid also lentil soup. Can be used in curries and purées. For reintroduction into diet, place into Day 2.

LOBSTER



Well-known recipes include Lobster Newberg and Lobster Thermidor. Lobster is best eaten fresh, and they are normally purchased live. Typically eaten broiled or steamed. Also avoid crayfish. For reintroduction into diet, place into day: 4

MALT



Avoid also all-purpose flour, caramel color, caramel flavor, enriched flour, malted barley, malt vinegar, maltodextrin & maltose. Can be found in hot milk drinks, breakfast cereals, baking and some alcoholic beverages (e.g. malt whisky & real ales) For reintroduction into diet, place into Day 3.

NUTMEG



Nutmeg is a flavorful addition to cheese sauces. In Indian cuisine, nutmeg powder is used almost exclusively in sweet dishes. In Middle Eastern cuisine, nutmeg powder is often used as a spice for savory dishes. In European cuisine, nutmeg and mace are used especially in potato dishes and in processed meat products; they are also used in soups, sauces and baked goods. Japanese varieties of curry powder include nutmeg as an ingredient. Nutmeg is a traditional ingredient in mulled cider, mulled wine, and eggnog. For reintroduction into diet, place into day: 4

OAT



Avoid also oat bran, oat flour, porridge, oatmeal (ingredient in haggis, oat cakes and the whisky drink Athol Brose), oat gum (used to prolong the shelf life of sweets, cream and butter, and used as a thickener and stabilizer in cream cheese and cheese spreads), roasted ranch oats & whole oats. For reintroduction into diet, place into Day 1.

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OKRA



Avoid also lady's finger or gumbo. Can be found in Indian cooking as bindi, and as bamia in the Middle East, cooked in a lamb stew. Can be used to thicken soups and stews. For reintroduction into diet, place into Day 4.

ONION



Avoid also chive, spring onion, spanish onion, shallots, green onions, leeks, picante sauce & scallions. Used in stews, soups, sauces, chutney and pickles, relish on hamburgers, stuffing, salads and garnishes. For reintroduction into diet, place into Day 3.

PARSLEY



Avoid also broad-leaved parsley, curly-leaved parsley, Neopolitan parsley and Italian parsley. Added to sauces and stuffings. Fried as an accompaniment to fish. For reintroduction into diet, place into Day 1.

PEANUT



Avoid also peanut butter, satay sauce (as in chicken satay) and other thai dishes, peanut flour & peanut oil. Can be made into peanut brittle (a crisp caramelised sugar sweet studded with peanuts). May be a hidden ingredient in biscuits, marzipan, cakes, cookies, savoury snacks and desserts. Also known as ground nut and monkey nut. For reintroduction into diet, place into Day 3.

PEAR



Avoid also pear juice. Can be used in cooking and pickling. Used in desserts, fruit salad, preserves and confectionary. For reintroduction into diet, place into Day 2.

PECAN



Avoid also pecan pie. Used to make nutbreads, confectionary, ice-cream and vegetarian dishes. For reintroduction into diet, place into Day 4.

PINTO BEAN



Pinto Bean is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. Rice and pinto beans served with cornbread or corn tortillas are often a staple meal. For reintroduction into diet, place into day: 3

RADISH



The bulb of the radish is usually eaten raw, but tougher specimens can be steamed. Radish is also present in mustard, horseradish and wasabi. For reintroduction into diet, place into day: 3

SCALLOP



Avoid also bay scallops and deep sea scallops. For reintroduction into diet, place into Day 4.

SHRIMP



Recipes using shrimp form part of the cuisine of many cultures: examples include shrimp kebabs, shrimp Creole, shrimp gumbo, pan fried, deep fried, stir fried. In Europe, shrimp is very popular, forming a necessary ingredient in Spanish paella, French bouillabaisse, and many other seafood dishes. Shrimp curry is very popular in South Asia and Southeast Asia. They are also found in Latin and Caribbean dishes such as enchiladas. Also avoid Prawns. For reintroduction into diet, place into day:4

SNAPPER



The red snapper is a reef fish found off the Atlantic and Pacific coasts of The Americas and the Gulf of Mexico. For reintroduction into diet, place into day: 1

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SOLE



Avoid dover sole (*Solea solea*) and lemon sole. They are genetically very similar and therefore their protein etc makeup is virtually identical. Dover sole can be fried whole or divided into fillets. Lemon sole less tasty than dover sole can be cooked same way as dover sole. Avoid also petrale sole, plaice, sanddab. For reintroduction into diet, place into Day 3.

SOYBEAN



Avoid also soy cheese, soy flour, soy grits, soy milk, soy sauce, tenpe, soybean oil, tamari sauce, tofu, chocolate, hot dogs, mayonnaise, miso & processed foods. Used in delicate noodles called harusame and used to make flavouring pastes, and condiments. The shoots of the soybean can be eaten raw (known as bean sprouts). For reintroduction into diet, place into Day 3.

SPINACH



Eaten raw in salads or lightly cooked. The word "Florentine" denotes its use in recipes. For reintroduction into diet, place into Day 4.

THYME



Thyme is used most widely in cooking. Thyme is a basic ingredient in French, Greek, Italian, Persian, Spanish and Turkish cuisines, and in those derived from them. It is also widely used in Lebanese and Caribbean cuisines. Thyme is often used to flavor meats, soups and stews. It has a particular affinity to and is often used as a primary flavor with lamb, tomatoes and eggs. For reintroduction into diet, place into day:3

TURMERIC



Turmeric is sometimes used as a coloring agent. It has found application in canned beverages, baked products, dairy products, ice cream, yogurt, yellow cakes orange juice, biscuits, popcorn-color, sweets, cake icings, cereals, sauces, gelatins, etc. It is a significant ingredient in most commercial curry powders. For reintroduction into diet, place into day: 1

TURNIP



Avoid also rutabega & turnip greens. Used in stews and soups. For reintroduction into diet, place into Day 4.

VENISON



Venison is most associated with meat of Deer, but also includes the meat of Moose, Elk, Caribou and Antelope. Venison is lower in Food energy, Cholesterol and Fat than Beef, Pork or Lamb. For reintroduction place in day 4.

WHEAT



Avoid also enriched flour, msg, pasta, puffed wheat, shredded wheat, soy sauce, triticale, wheat berries, wheat bran, wheat germ, whole wheat flour, all-purpose flour, bread, products, bulgur, crackers & cream of wheat. For reintroduction into diet, place into Day 2.

WHITEFISH



Whitefish is sometimes eaten straight but often used reconstituted for fishsticks and gefilte fish. It is most widely known as the key ingredient in the classic British dish fish and chips. In Jewish cuisine, smoked whitefish salad is very popular. For reintroduction into diet, place into day: 2

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