



Food Sensitivity Test

Patient Name: JOY PACITTO

Test Date: 26 Sep 2007

Healthcare Provider: JOY PACITTO, MS

File #: 36523 (175)

Severe Intolerance

ANCHOVY
 CABBAGE
 CARAWAY
 FIG

Moderate Intolerance

ASPARAGUS
 BLUEBERRY
 BREWER'S YEAST
 CRAYFISH
 DILL
 EGGPLANT
 FRUCTOSE
 GARLIC
 GINGER
 LENTIL BEAN
 LIMA BEAN
 MALT
 OYSTER
 PEANUT
 SALMON
 SESAME

Mild Intolerance

ACORN SQUASH*
 APPLE*
 APRICOT*
 AVOCADO*
 BASS*
 BAY LEAF*
 BEET*
 BUCKWHEAT*
 CAYENNE PEPPER*
 CELERY*
 CHICK PEA*
 COCONUT*
 CODFISH*
 COW'S MILK*
 CUMIN*
 HADDOCK*
 HAZELNUT*
 ICEBERG LETTUCE*
 KALE*
 KIDNEY BEAN*
 LAMB*
 LIVER (BEEF)*
 MAPLE SUGAR*
 MINT*
 NAVY BEAN*
 NECTARINE*
 ONION*
 PAPAYA*
 PAPRIKA*
 PISTACHIO*
 ROMAINE LETTUCE*
 SAFFLOWER*
 SARDINE*
 TURKEY*
 WATERMELON*
 WHITE POTATO*

VEGETABLES / LEGUMES

ARTICHOKE
 CARROT
 GREEN PEPPER
 MUSHROOM
 RADISH
 SQUASH (Yellow)
 TOMATO
 BLACK-EYED PEAS
 CAULIFLOWER
 JALAPENO PEPPER
 MUSTARD
 RHUBARB
 STRING BEAN
 TURNIP
 BROCCOLI
 CUCUMBER
 LEEK
 OKRA
 SOYBEAN
 SWEET POTATO
 ZUCCHINI
 BRUSSEL SPROUTS
 GREEN PEA
 MUNG BEAN
 PINTO BEAN
 SPINACH
 SWISS CHARD

FRUITS

BANANA
 CRANBERRY
 HONEYDEW (MELON)
 MANGO
 PEAR
 PUMPKIN
 BLACKBERRY
 DATE
 KIWI
 OLIVE
 PINEAPPLE
 RASPBERRY
 CANTALOUPE
 GRAPE
 LEMON
 ORANGE
 PLUM
 STRAWBERRY
 CHERRY
 GRAPEFRUIT
 LIME
 PEACH
 POMEGRANATE

MEAT

BEEF
 PORK
 CHICKEN
 VEAL
 DUCK
 VENISON
 PHEASANT

DAIRY

EGG WHITE
 EGG YOLK
 GOAT'S MILK
 SHEEP'S MILK

SEAFOOD

CLAM
 LOBSTER
 SOLE
 WHITEFISH
 CRAB
 SCALLOP
 SWORDFISH
 HALIBUT
 SHRIMP
 TROUT
 HERRING
 SNAPPER
 TUNA

GRAINS

BARLEY
 RICE
 CORN
 RYE
 MILLET
 TAPIOCA
 OAT
 WHEAT

HERBS / SPICES

BASIL
 CLOVE
 SAGE
 BLACK PEPPER
 NUTMEG
 TARRAGON
 CHILI PEPPER
 OREGANO
 THYME
 CINNAMON
 PARSLEY
 TURMERIC

NUTS/ OILS AND MISC. FOODS

ALMOND
 BRAZIL NUT
 COCOA
 HONEY
 PSYLLIUM
 BAKER'S YEAST
 CANE SUGAR
 COFFEE
 HOPS
 SUNFLOWER
 BEET SUGAR
 CAROB
 COTTONSEED
 MACADAMIA
 VANILLA
 BLK/GREEN TEA
 CASHEW
 FLAXSEED
 PECAN
 WALNUT

You have no reaction to Candida Albicans.

You have no reaction to Gluten or Gliadin.

You have no reaction to Casein or Whey.

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

OAT
TAPIOCA
WHITE POTATO*

VEGETABLES/LEGUMES

ARTICHOKE
BLACK-EYED PEAS
CARROT
CELERY*
GREEN PEPPER
ICEBERG LETTUCE*
KALE*
PARSLEY
ROMAINE LETTUCE*
TOMATO

FRUIT

BANANA
DATE
GRAPE
KIWI
MANGO
PAPAYA*
STRAWBERRY

PROTEIN

BEEF
CHICK PEA*
CODFISH*
CRAB
HERRING
LAMB*
SARDINE*
SNAPPER
SWORDFISH
VEAL

MISCELLANEOUS

BAY LEAF*
CASHEW
CHILI PEPPER
COCONUT*
COW'S MILK*
CUMIN*
FLAXSEED
HONEY
PISTACHIO*
SAFFLOWER*
TURMERIC

DAY 2

STARCH

BARLEY
MILLET
RYE
WHEAT

VEGETABLES

BROCCOLI
BRUSSEL SPROUTS
CAULIFLOWER
MUSHROOM
MUSTARD
ZUCCHINI

FRUIT

APPLE*
AVOCADO*
CRANBERRY
PEAR
PINEAPPLE
POMEGRANATE

PROTEIN

BASS*
CHICKEN
EGG WHITE
EGG YOLK
PHEASANT
TUNA
WHITEFISH

MISCELLANEOUS

BAKER'S YEAST
BASIL
CANE SUGAR
CAYENNE PEPPER*
CINNAMON
CLOVE
GOAT'S MILK
HAZELNUT*
HOPS
MAPLE SUGAR*
MINT*
PAPRIKA*

DAY 3

STARCH

CORN
SWEET POTATO

VEGETABLES

ACORN SQUASH*
GREEN PEA
LEEK
ONION*
PINTO BEAN
RADISH
STRING BEAN
SWEET POTATO

FRUIT

APRICOT*
BLACKBERRY
CHERRY
LIME
NECTARINE*
PEACH
PLUM
RASPBERRY

PROTEIN

DUCK
HALIBUT
KIDNEY BEAN*
MUNG BEAN
NAVY BEAN*
PORK
SOLE
SOYBEAN

MISCELLANEOUS

ALMOND
BRAZIL NUT
COCOA
COFFEE
COTTONSEED
MACADAMIA
OREGANO
PSYLLIUM
SHEEP'S MILK
TARRAGON
THYME

DAY 4

STARCH

BUCKWHEAT*
RICE

VEGETABLES

BEE*
CUCUMBER
JALAPENO PEPPER
OKRA
RHUBARB
SPINACH
SQUASH (Yellow)
SWISS CHARD
TURNIP

FRUIT

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

PROTEIN

CLAM
HADDOCK*
LIVER (BEEF)*
LOBSTER
SCALLOP
SHRIMP
TROUT
TURKEY*
VENISON

MISCELLANEOUS

BEE* SUGAR
BLACK PEPPER
BLK/GREEN TEA
CAROB
NUTMEG
PECAN
SAGE
SUNFLOWER
VANILLA
WALNUT

Foods To Avoid

File: 36523

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ANCHOVY



They are a key ingredient in Spaghetti Puttanesca, and are occasionally used as a pizza topping. Because of the strong flavor they are also an ingredient in several sauces, including Worcestershire sauce, Cesar salad dressing and many fish sauces. They are also marketed in jars and tubes as a paste, mostly for use in making sauces, such as anchovy essence. For reintroduction into diet, place into day:3

ASPARAGUS



Asparagus is low in calories, contains no fat or cholesterol, and is very low in sodium. The shoots are prepared and served in a number of ways around the world. In Asian-style cooking, asparagus is often stir-fried. Cantonese restaurants in the United States often serve asparagus stir-fried with chicken, shrimp, or beef. It is often used as an ingredient in stews and soups. In the French style, it is boiled or steamed and served with hollandaise sauce, melted butter or olive oil, Parmesan cheese or mayonnaise. For reintroduction into diet, place into day: 3

BLUEBERRY



Blueberries are sold fresh or processed as individually quick frozen fruit, purée, juice, or dried or infused berries which in turn may be used in a variety of consumer goods such as jellies, jams, pies, muffins, snack foods, and cereals. Blueberry jam is made from blueberries, sugar, water, and fruit pectin. Usually made from wild blueberries, premium blueberry jam is common in Maine, Ontario, Quebec, and British Columbia. Pure or blended blueberry juice has become a popular product in Canada and the United States. Also avoid bearberry and huckleberry. For reintroduction into diet, place into day: 2

BREWER'S YEAST



Avoid also alcoholic beverages, apple cider, apple cider vinegar, processed foods, processed juices, processed meats & soy sauce, vinegar. May also be used as an ingredient in vitamin tablets. For reintroduction into diet, place into Day 2.

CABBAGE



Avoid also savoy cabbage, roundhead cabbage, spring cabbage, chinese cabbage, collard greens, kale, kohlrabi, purple cabbage, red cabbage, white cabbage, pak choi, pe-tsai & sauerkraut, indonesian relish and pickled red cabbage. For reintroduction into diet, place into Day 2.

CARAWAY



Caraway is used as a spice in breads especially rye bread, which is denser because of the yeast-killing properties of the essential oil, limonene. Caraway is also used in liquors, casseroles, and other foods, especially in Central European and Scandinavian cuisine, for instance sauerkraut. It is also used to add flavor to cheeses such as havarti. For reintroduction into diet, place into day: 1

CRAYFISH



Crayfish, often referred to as crawfish, or crawdads, are freshwater crustaceans resembling small lobsters, to which they are closely related. Crayfish are eaten in Europe, China, Africa, Australia and the United States. 98% of the crayfish harvested in the United States come from Louisiana. Louisiana crayfish are usually boiled live in a large pot with heavy seasoning and other items such as potatoes, maize, onions, garlic, and sausage. They are generally served at a gathering known as a crawfish boil. Other popular dishes in the Cajun and Creole cuisines of Louisiana include crayfish étouffée, crayfish pie, crayfish dressing and crayfish bread. For reintroduction into diet, place into day:3

DILL



Dill is a short-lived annual herb. Its seeds, dill seed are used as a spice, and its fresh leaves, dill, and its dried leaves, dill weed, are used as herbs. Its fernlike leaves are aromatic, and are used to flavor many foods, such as gravlax (cured salmon), borscht and other soups, and pickles (where sometimes the dill flower is used). For reintroduction into diet, place into day: 3

EGGPLANT



The eggplant is used in cuisines from Japan to Spain. It is often stewed, as in the French ratatouille, the Italian melanzane alla parmigiana, the Greek moussaka, and many South Asian dishes. It may also be roasted in its skin until charred, so that the pulp can be removed and blended with other ingredients such as lemon, tahini, and garlic, as in the Middle Eastern dish baba ghanoush and the similar Greek dish melitzanosalata or the Indian dishes of Baigan Bhartha or Gojju. It can be sliced, battered, and deep-fried, then served with various sauces which may be based on yogurt, tahini, or tamarind. For reintroduction into diet, place into day: 1

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

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

File: 36523

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FRUCTOSE



Also known as fruit sugar or levulose. This carbohydrate and simple sugar (monosaccharide) occurs naturally in honey and fresh fruits. Avoid any products containing it such as fructose sweetened desserts and high-fructose corn syrup. For Reintroduction into diet, place on day:4

GARLIC



Can be dried and used as flakes or ground into powder. Some French dishes can contain many cloves of garlic. Avoid also garlic bread, garlic oil and garlic tablets. Garlic oil may be used to flavour chewing gum, ice cream and fruit drinks. For reintroduction into diet, place into Day 2.

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

LENTIL BEAN



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

LIMA BEAN



Avoid also butter beans & Madagascar beans. Can be found in salads. For reintroduction into diet, place into Day 3.

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.

OYSTER



Avoid raw or cooked oyster. Used as a sauce in many oriental dishes, also in soups, fritters and croquettes. 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.

SALMON



Avoid also smoked salmon, Lox, Gravlax, Smelt & Steelhead. Also used as an hor d'œuvre. For reintroduction into diet, place into Day 4.

SESAME



Seeds are sometimes added to breads, including bagels and the tops of hamburger buns. Sesame seeds may be baked into crackers, often in the form of sticks. Sesame seeds are also sprinkled onto some sushi style foods. Can be made into a paste called tahini (used in various ways, including in hummus) and a Middle Eastern confection called halvah. East Asian cuisines, like Chinese cuisine use sesame seeds and oil in some dishes, such as dim sum. Also avoid sesame milk, sesame oil. For reintroduction into diet, place into day: 4

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Food Sensitivity Test

Chemical Report

Patient: JOY PACITTO

Test Date: 9/26/2007

Doctor/Clinic: JOY PACITTO, MS

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Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
Severe Intolerance MSG	Severe Intolerance	Severe Intolerance	Severe Intolerance	Severe Intolerance
Moderate Intolerance	Moderate Intolerance CLADO HERBARUM HORMODENDRUM	Moderate Intolerance FLUORIDE ORRIS ROOT	Moderate Intolerance	Moderate Intolerance
Mild Intolerance RED#1 CRYSTAL PONCEAU RED#40 ALLURA RED	Mild Intolerance ASPERGILLUS PULLULARIA	Mild Intolerance ETHYLENE GLYCOL TOLUENE	Mild Intolerance	Mild Intolerance
No Intolerance ACID ORANGE #8 ASPARTAME BENZOIC ACID BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE BRILLIANT BLACK GREEN#3 FAST GREEN POLYSORBATE 80 POTASSIUM NITRATE POTASSIUM NITRITE RED#3 ERYTHROSINE B SACCHARINE SODIUM METABISULFITE SODIUM SULFITE SORBIC ACID YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW	No Intolerance ALTERNARIA BOTRYTIS CEPHALOSPORIUM CURVULARIA EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM HELMINTHOSPORIUM MUCOR RACEMOSUS PENICILLIUM PHOMA HERBARUM RHIZOPUS NIGRICANS RHODOTORULA RUBRA SPONDYLOCLADIUM SPOROBOLOMYCES TRICHODERMA	No Intolerance AMMONIUM CHLORIDE BENZENE CHLORINE FORMALDEHYDE NICKEL SULFATE PHENOL	No Intolerance	No Intolerance