



# 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  
Healthcare Provider: JOY PACITTO, MS

Test Date: 9/26/2007  
File #: 36523

**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**

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

# Foods To Avoid

File: 36523

Date: 9/26/2007

Patient: JOY PACITTO

Clinic/Doctor: JOY PACITTO, MS

## 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

File: 36523

Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
<b>Severe Intolerance</b> MSG	<b>Severe Intolerance</b>	<b>Severe Intolerance</b>	<b>Severe Intolerance</b>	<b>Severe Intolerance</b>
<b>Moderate Intolerance</b>	<b>Moderate Intolerance</b> CLADO HERBARUM HORMODENDRUM	<b>Moderate Intolerance</b> FLUORIDE ORRIS ROOT	<b>Moderate Intolerance</b>	<b>Moderate Intolerance</b>
<b>Mild Intolerance</b> RED#1 CRYSTAL PONCEAU RED#40 ALLURA RED	<b>Mild Intolerance</b> ASPERGILLUS PULLULARIA	<b>Mild Intolerance</b> ETHYLENE GLYCOL TOLUENE	<b>Mild Intolerance</b>	<b>Mild Intolerance</b>
<b>No Intolerance</b> 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	<b>No Intolerance</b> ALTERNARIA BOTRYTIS CEPHALOSPORIUM CURVULARIA EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM HELMINTHOSPORIUM MUCOR RACEMOSUS PENICILLIUM PHOMA HERBARUM RHIZOPUS NIGRICANS RHODOTORULA RUBRA SPONDYLOCLADIUM SPOROBOLOMYCES TRICHODERMA	<b>No Intolerance</b> AMMONIUM CHLORIDE BENZENE CHLORINE FORMALDEHYDE NICKEL SULFATE PHENOL	<b>No Intolerance</b>	<b>No Intolerance</b>