

If you are lactose intolerant, you will need to modify your dairy intake and look for other sources of calcium. For instance, use a calcium fortified orange juice, use a lactose free milk and perhaps see if you can tolerate a slice of cheese on your sandwich.

People with gluten intolerance may need to eliminate foods containing wheat, rye, barley, oats and buckwheat. However, they can generally tolerate rice, corn and potatoes.

Fruits and vegetables work well with most food limitations. Protein foods such as poultry, fish and meat are usually tolerated as well.

The following day is altered for a gluten free, lactose reduced diet.

BREAKFAST

2 scrambled eggs
Calcium fortified orange juice
2 slices gluten free bread

LUNCH

Grilled chicken breast
Baked potato
Steamed vegetables
Calcium fortified orange juice
Fruit bowl

DINNER

Stir-fry veggies with lean beef over brown rice
Spinach salad
Soymilk beverage
Sorbet