Special Diets

There are many reasons a doctor may prescribe a special diet for your child. Some of the most common reasons are lactose intolerance and iron deficiency anemia.

If your child is lactose intolerant, a doctor may recommend limiting dairy products and suggest other ways to get enough calcium.

1. For example, you can now buy 'V-8' juice fortified with 30% calcium along with fortified orange juice.
2. Dark green leafy vegetables and beans contain calcium.
3. You will need to practice reading food labels to determine how much calcium is in a certain food.

If your child has iron deficiency anemia, a doctor may give the following dietary recommendations:

1. Eat a wide variety of foods everyday, including milk products, meat, and alternates, vegetables, fruits, and whole grains.
2. Include iron rich foods in your diet everyday. Some examples of foods high in iron include:
   - Dark leafy greens
   - Lean red meats
   - Dried fruits
3. Eat vitamin C-rich foods with meals. This will improve your body's uptake of iron.
   - Fruits and vegetables are the best examples of foods high in vitamin C.

Why is it important to follow the special diet prescribed by your doctor?

- Feeding your child foods not recommended by the doctor may cause discomfort for your child.
- Following a prescribed diet may help to correct and eliminate the underlying problem.