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DIET INFORMATION

High fiber foods (can help with constipation)

Bran muffins	Oatmeal	Whole wheat bread
Baked potato (w/ skin)	Raisins	Banana
Spaghetti	Corn	Dried fruits
Bran flakes	Brown rice	Oranges
Blackberries	Blueberries	Raspberries
Broccoli	Spinach	Peas
Navy / kidney beans	Almonds	

Foods high in iron (can help with iron-deficiency anemia)

Beans	Oatmeal	Spinach
Prunes / Prune juice	Liver	Pork / Beef
Eggs	Broccoli	Bran flakes
Baked potato	Navy / kidney beans	Salmon / Tuna
Iron-fortified whole grains		

Calcium – rich foods

Milk	Cheese	Yogurt
Almonds	Cottage Cheese	Salmon
Fortified Orange Juice	Spinach	

Lactose Free Diet suggestions

Avoid any foods containing MILK, NON-FAT MILK SOLIDS, SKIM MILK, BUTTER, CREAM, or LACTOSE

Avoid: Milk, butter, yogurt, sour cream, foods prepared with milk / butter

Can have: powdered or fruit flavored drinks, eggs, lactose free cheeses, breads made without milk, pasta, rice, cereals, vegetables, potatoes, fruits, jello, nuts, peanut butter, sugar, honey, ketchup, jelly / jam, tomato sauce.