META NUTRITION BLOG WEBSITE – USER MANUAL

Landing/Home page
This is the home page of the blog.

Search bar with autosuggest dropdown
Users can search for blog articles by search by keyword(s). The suggestions include titles of all the blog articles related to the keyword entered in the search bar.
Search Page
Search results will be shown here.

Healthy Lifestyle

Search results for "Living No Lactose Intolerance: A Practical Approach"

FOOD
Living No Lactose Intolerance: A Practical Approach
Lactose intolerance stems from an inability to digest the sugar molecules found in dairy products. The sugar molecule is called lactose and the enzym...
Nov 05, 2020 • 4 mins

LIFESTYLE
Must Have Kitchen Tools for Easy Meal Prep
When it comes to adopting healthy eating habits, one of the first places to begin this process is in the kitchen. While most people are not intereste...
Nov 04, 2020 • 6 mins

LIFESTYLE
Tips on Maintaining Healthy Habits on a Road Trip
With the fall season fast approaching and temperatures expected to soon change, the few remaining weeks left of summer might just be the perfect time...

Search bar with autosuggest on the Search page

Filters to filter search results based on category
Healthy Lifestyle

Living No Lactose Intolerance: A Practical Approach

Lactose intolerance stems from an inability to digest the sugar molecules found in dairy products. The sugar molecule is called lactose and the enzyme that our body uses to break it down is called lactase. Those with lactose intolerance know first-hand the uncomfortable symptoms that can follow a dairy meal. Some of the symptoms of lactose intolerance which include gas, bloating, nausea, diarrhea, and gastrointestinal discomfort, can be present 30 minutes to 2 hours after a meal.

Leora Aframian

Lactose intolerance vs Milk allergy

Lactose intolerance should be differentiated against a milk allergy, the distinction between the two can sometimes cause confusion. Lactose intolerance is caused by an inability to digest the sugar in milk products while a milk allergy fosters a response from the immune system to the proteins found in milk. When a milk allergy is present, all foods and beverages in the diet containing milk or milk products should be eliminated from the diet (Webb). However, in lactose intolerance that may not necessarily be true, due to the fact that there is a vast array of tolerance levels. The lactose threshold can differ from person to person. Some may be able to tolerate small amounts of milk while others may tolerate yogurt and hard cheeses without suffering from symptoms (Gordon).

Lactose intolerance and strategy

One strategy in overcoming lactose intolerance is to tap into the many lactose-free options available in the modern market. Those who are extra sensitive and avoid most milk products, in general, should strive to get their calcium and vitamin D from non-dairy sources.

When following a mostly non-dairy diet it’s important to be cognizant of your calcium needs and include a variety of sources including:

- Canned salmon, sardines, or other fish with edible soft bones
- Dried beans
- Broccoli
- Leafy green vegetables
- Soy Foods
- Beans, Peas, and Lentils
- Almonds

Vitamin D is also a nutrient to take into consideration when avoiding dairy.

Non-dairy sources of vitamin D include:

- Eggs
- Fatty fish such as salmon

Some avoid dairy milk due to their lactose intolerance or personal preferences and opt for non-dairy alternatives such as nut, soy, rice, or oat milk. There are variations in the different nutritional profiles of lactose friendly milk on the market. Let’s compare a few options to find the one that best matches your nutritional preferences.
Like, Comment, Share options for blog articles
Click on “POST” to post comments on the blog article. Click on the social media icons in the top right corner of the image below to share blog articles on social media.

Share blog post on Twitter
Enter email and password for your Twitter account
Share blog article on Facebook
Enter email and password for your Facebook account to login.

Posting to Facebook
Admin Dashboard User Manual

The admin visits the admin login link https://<blog link>/admin/login/ to view the login page and enters their credentials to perform a login action.

After a successful login, the admin is greeted by the dashboard, where they can view all posts, add new posts, and modify or delete existing posts.

Checking the ‘Keep me logged in’ checkbox will allow the admin to use the admin panel for a longer period of time before automatically signing out.

An error is displayed if an incorrect combination of email and password is entered.
For each post, we show the date, status (published/draft), title, author, link to the cover image, categories, number of likes, number of comments, and actions to edit, view or delete the post.

Clicking on the blue pencil action item will allow the admin to edit an existing article. The green button in the middle allows the admin to preview the article. Clicking the burgundy trash can will delete the article.

Clicking on the date header, title header, author header, likes header or comments header will sort the table in ascending order of the header clicked. Clicking the header again will sort the table in a descending fashion.

The search box on the top right of the table allows the admin to search all posts by the title of the article or the name of the author.

Clicking on the star icon next to the title of an article will let admin mark an article as favorite. Clicking the star again will remove it from the favorites list.
The pagination component at the bottom of the list allows the admin to scroll through the pages of articles. A dropdown on the top of the list will allow the admin to control the number of articles they want to see on a single page.

On the top left of the admin dashboard, a dropdown allows admin to filter posts by the following categories: published, draft or favorites.

Clicking the “Add Article” button on the top left of the admin dashboard will take the admin to the editor page. Where they can add a new article, preview it, and save it as a draft or publish it to the blog.
Clicking the “Save Draft” button will save the article as a draft. Clicking the “Publish Article” button will allow the admin to push the article to the live blog for Users to read. Clicking on the “Preview Article” button will allow the admin to look at how the article will look on the blog once it is published. Finally, clicking the “Sign Out” link in the header will allow the admin to safely sign out of the admin dashboard.
AWS Auto Deployment – User Manual
GitHub Repository: https://github.com/sohamjig/MetaNutritionBlog-Backend

GitHub Authentication:
(Need a GitHub account and should be added as a collaborator in the above repository)

Cloning Repository
(Clone the repository if not already done)

Commit and Push
(Make the changes in the code and commit and push in the `main` branch of the repository)
Commit ID’s
(this page will show the commit ID’s of main branch, the code in the latest commit ID will be deployed to AWS)

AWS Deployments Page
This page will display all the previous deployments and the current deployment being done.
AWS Deployment ID Page:
This page shows details about a particular deployment ID. It shows the progress corresponding to the deployment ID.

AWS Deployment ID Progress:
This page denotes the progress of the individual events happening for a deployment ID. If all events are successful, this denotes a successful deployment.