



Q: Because of stomach problems, our family doctor has me on a diet. No spicy or fried food, limited meats and other restrictions. The church senior club just announced a cruise and tour in India for early spring. I want to go with my friends, but fear getting sick from the strange foods. What do you suggest? *LMMcB, Bronx NY*

A: Cruise lines offer special diet food for passengers who require it. As for Indian cuisine, most modern city hotels and restaurants in that country will meet your dietary needs. A good idea before you go, is to visit an Indian restaurant in your city to research and try safe items from the menu.