

Gallbladder Diet

Breakfast

Fruit: All but Avocado
Cereal: Any
Egg: Egg White ALLOWED ONLY
Beverage: Light tea or coffee or skimmed milk

Lunch

Soup: No creamy or fatty soups
Vegetables: Cooked vegetables only, such as carrots, string beans, peas, beets, spinach. The following vegetables **MUST NOT BE EATEN** either cooked or uncooked:
Cucumbers, corn, radishes, sauerkraut, onions
Beverage: Light tea, skim milk

Dinner

Meat: Serving of any lean meat, chicken or turkey. No fried or fatty meats allowed. Meat may be cooked, broiled or baked. No stews or gravies permitted. No duck or goose allowed.
Fish: Nothing fried. No canned fish such as: salmon, tuna, etc. except water packed
Vegetables: Cooked vegetables as described for lunch **ONLY**
Salad: Lettuce and tomato salad **WITHOUT DRESSING**
Cheese: Skim milk or cottage
Beverage: Light tea, skimmed milk
Dessert: Choice of: fruits, junket or gelatin dessert (without cream), angel food cake.

EAT SMALL OR MODERATE MEALS

THE FOLLOWING FOODS MUST BE AVOIDED

All fried and fatty foods

No eggs except egg whites
No fatty soup
No butter allowed
No canned fish in oil
No gravies allowed

No condiments or dressings such as:
Mayonnaise or Russian dressing
Avoid the following: Asparagus, corn,
Cucumbers, green peppers, radishes,
cabbage, sauerkraut, onions, garlic