

GALLBLADDER DIET

Breakfast

- Fruit: All but Avocado
Cereal: Any
Egg: Egg white allowed ONLY
Beverage: Light tea or coffee or skim milk

Lunch

- Soup: No creamy or fatty soups
Vegetable: 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: 1 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 cheese
Beverage: Light tea, skim milk
Dessert: Choice of fruits, jell-o 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