

## Gallbladder Preparation Diet

<b>ALLOWED FOODS</b>	<b>FOODS TO BE AVOIDED</b>
<p>Milk products:</p> <ul style="list-style-type: none"> <li>- Skim milk</li> </ul>	<p>Regular milk and milk products</p> <ul style="list-style-type: none"> <li>- cheese</li> <li>- cottage cheese</li> <li>- cream</li> <li>- sour cream, etc.</li> <li>- margarine</li> </ul>
<p>Breakfast food:</p> <ul style="list-style-type: none"> <li>- toast with jelly</li> <li>- oatmeal cooked with water</li> <li>- brown sugar</li> <li>- honey</li> <li>- cold cereal served with the syrup of peach juice or other suitable fruit juices</li> </ul>	<p>Breakfast food:</p> <ul style="list-style-type: none"> <li>- egg yolks</li> <li>- any fat or egg substitutes</li> </ul>
<p>Beverages:</p> <ul style="list-style-type: none"> <li>-Hi-C</li> <li>-non-carbonated beverages</li> </ul>	<p>Beverages:</p> <ul style="list-style-type: none"> <li>- Alcoholic beverages in any form</li> </ul>
<p>Canned fruits:</p> <ul style="list-style-type: none"> <li>- peaches</li> <li>- pears</li> <li>- apricots</li> <li>- figs</li> </ul>	<p>Creamed soups</p>
<p>Meat:</p> <ul style="list-style-type: none"> <li>- chicken</li> <li>- turkey</li> <li>- veal</li> <li>- lean beef</li> </ul> <p>Broiled, boiled, or baked only Avoid skin and fatty portion</p>	<p>Meat:</p> <ul style="list-style-type: none"> <li>- Pork and all pork products (ham and bacon)</li> <li>- market prepared ground meat</li> <li>- cold cuts of all kinds</li> </ul>
<p>Fish:</p> <ul style="list-style-type: none"> <li>- all fresh-water fish</li> <li>- white ocean fish such as haddock, perch, and sole</li> </ul> <p>Avoid other fatty fish.</p>	<p>Fatty fish</p> <ul style="list-style-type: none"> <li>- tuna (even packed with water)</li> <li>- salmon</li> <li>- halibut</li> </ul>
<p>- Vegetables:</p> <ul style="list-style-type: none"> <li>- potato, boiled, mashed, or baked without butter or sour cream</li> <li>- spinach</li> <li>- applesauce</li> <li>- carrots</li> <li>- yams</li> <li>- sweet potatoes</li> <li>- lettuce</li> </ul>	<p>Vegetables:</p> <ul style="list-style-type: none"> <li>- Onion</li> <li>- garlic</li> <li>- peppers</li> <li>- cabbage family (broccoli, Brussel sprouts, etc)</li> </ul>
<p>Desserts:</p> <ul style="list-style-type: none"> <li>- applesauce</li> <li>- Jell-O</li> <li>- angel food cake</li> </ul>	<p>Desserts:</p> <ul style="list-style-type: none"> <li>- cookies</li> <li>- pies</li> <li>- candy</li> <li>- chewing gum</li> </ul>

Miscellaneous:

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- spicy foods
- fatty foods
- fried foods
- beans
- gravy
- mayonnaise
- salad dressings
- nuts