

# Suggested Diet for Gallbladder Disease

## Foods to Avoid:

- Broccoli
- Eggs
- Onions
- Fried or excessively salty foods
- Fatty dairy products
- Nuts
- Citrus fruits such as oranges and grapefruits
- Green leafy vegetables (including lettuce)
- Pork
- Alcohol
- Processed foods
- Coffee
- Corn
- High-fat meats

## Foods to Include

- Whole grain or whole wheat bread products
- Brown rice
- Cereals
- pastas

**Alternative sources of fiber include fresh vegetables and fruit.**

## Examples of these are:

- Dried apricots and dates
- Peas
- Kidney beans
- Lima beans
- Green beans
- Raisins and prunes
- Blackberries
- Blueberries
- Raspberries
- strawberries

Please note that this list is to serve as a guide and is not necessarily comprehensive