DIET FOR GALLBLADDER

Foods To Be Avoided:

All fried foods; all fatty foods. This includes all pork products and most beef products. (Cheaper cuts of beef have less, therefore better for you.)

No whole milk or cream. This, of course, includes ice cream. Non-fat milk is okay.

Certain vegetables may precipitate an attack. These vegetables are: beans, brussels sprout, cabbage, broccoli, radishes, cucumbers and onions. (Some people find they can eat onion; but do so lightly.)

Avoid all regular cheese. Low-fat cheese is okay.

Because of fat used in preparation, cookies and pie should be eaten sparingly.

Chicken, turkey and other poultry may be eaten if all skin is removed.

All fish is safe as long as it is cooked without butter or cream.

Avoid chocolate.

Nuts should be eaten very sparingly, if at all. They are very high in fat content.

When eating prepared foods, be sure to read all the labels and avoid any food that has fat or uses fat in preparation. Fats may be listed as butter, oil or oleic

Popcorn can be eaten if prepared in a hot air popper.

IF YOU HAVE ANY DOUBTS ABOUT A CERTAIN FOOD, DO NOT EAT IT. IT COULD CAUSE ANOTHER ATTACK.