

Gallstone/ Gallbladder Disease Diet Recommendations

Research shows many gallbladder symptoms stem from the modern Western diet, which is high in refined carbohydrates and saturated fats.

Changing your diet won't get rid of gallstones that are already there, but eating a healthy, balanced variety of nutrients and limiting the amount of saturated fats and cholesterol-heavy foods you eat may help ease your symptoms. Stay clear of very low-calorie diets. If you are overweight, aim for a gradual weight loss of 1 to 2 pounds a week by sticking to a healthy, well-balanced diet and getting regular exercise. Always diet under your doctor's supervision.

Avoid / Limit high-fat foods including:

- Fried foods
- Highly processed foods (doughnuts, pie, cookies)
- Whole-milk dairy products (cheese, ice cream, butter)
- Fatty red meat