

Low Fat Gallbladder Diet

For a limited time before the gallbladder is surgically removed, a low fat, mildly spiced diet is important. This will limit symptoms and can help prevent gallbladder attacks. Eat as wide a variety of the allowed foods as possible. **After surgery you may slowly start to reintroduce normal foods back into your diet.**

Good Foods (nonfat/low fat)

Non-fat milk, Coffee, Tea (With Non-Fat Creamer)
Sodas, Fruit drinks

White, Wheat, Grain & French breads
English Muffins
Pasta, Rice
Cooked or Dry Cereal, Oatmeal,
Cream of Wheat (only non-fat milk with cereals)
Saltines, Graham Crackers

Lean Meats - White Fish, Poultry/No Skin
(Baked, Broiled, or Barbecued-NOT FRIED)
Egg (Poached or Boiled) - One per Day
Low-Fat Cottage Cheese
Non-Fat Yogurt
Tofu

Broth , Low-Fat Chicken or Vegetable Soup
Vegetables - Steamed, Baked, or Raw
Fruits - All

Honey, Jam, Jelly
Sugar, Salt, Pepper, Syrup
Small amount of Spices, Herbs & Seasonings

Sherbet
Angel Food Cake
Jell-O,
Pudding (Made With Non-Fat Milk)

Bad Foods (high fat)

1% Milk, 2% Milk, Whole Milk
Cream, Whipped Cream, Coffee Creamer

Doughnuts, Croissants, Breakfast Sandwiches
Pancakes, Waffles
Pastries
Granola
Snack Crackers

Hamburgers, Hot Dogs, Salmon
Bacon, Sausage
Luncheon Meats
Fried Meats, Fried Eggs
Cheese, Yogurt
Pizza, Spaghetti, Lasagna
Chili, Creamed Soups
Highly Spiced or Seasoned Casseroles

Creamed, Fried or Au-Gratin Vegetables
Cabbage, Radishes
Pickles, Avocado, Olives

Butter, Margarine, Oil
Mayonnaise, Gravy
Peanut Butter
Salad Dressing

Ice Cream, Ice Milk
Cheesecake, Chocolate Cake
Custard, Puddings
Nuts, Coconut