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DIET FOR GALLBLADDER DISEASE

Your gallbladder is activated by fat that you consume. The gallbladder concentrates and stores bile which is then released in response to food being consumed. This activation of the gallbladder is intensified when high fat foods are eaten. To prevent issues, avoid the following foods or eat them in limited quantities:

Foods to Avoid:

High Fat Steaks: Rib eye, porterhouse or t-bone

Bologna and Salami

Liverwurst

Fried Foods

Cheese and foods that contain cheese such as pizza, calzones, quesadillas and cheese ravioli

Gravy

Prime Rib

Cream Soup (unless low fat) or Bisque

Use sparingly the following foods

Mayonnaise

Butter and Margarine

Salad Dressings

Guacamole and Avocado

Nuts and Seeds-limit to 1- 2 Tablespoons

Nut Butters-limit to 1-2 Tablespoons

Dips and Sauces

Sour Cream and Cream Cheese