

Gall Bladder Diet

People with gall bladder disease should follow a diet that includes starchy foods like rice, cereals, bread, vegetables, and fruit. It is important that you cut down on red meats or, better yet, stop eating it entirely. You should also avoid refined, fatty and fried foods containing saturated fats, trans fats, hydrogenated fats and partially-hydrogenated fats.

Here's a list of what you should eat

- Eat plenty of fruit and vegetables. The keyword is 'fresh'. Fresh fruit and fresh vegetables. The organic kind.
- Eat plenty of green leafy salads and lace them with olive oil, flax oil and vinegar.
- Cook your food – vegetables and lean meats - using spices, ginger, and turmeric. These are good aids for digestion and have antiseptic properties as well.
- Eat low-fat dairy products. Include low fat cottage cheese and low-fat milk in your meals.
- Eat whole-grain bread.
- Eat lean meats in moderation.
- Eat smaller meals rather than large meals.
- Eat your last meal of the day several hours before you go to bed.
- Take fish oil capsules. These contain Omega 3 oil, which is excellent for you. It prevents cholesterol build-up in the bile.
- Drink plenty of water.

Here's a list of fruit and vegetables that are good for you

- Apples
- Apricots
- Lemons
- Figs
- Guavas
- Pears
- Grapes
- Currants
- Prunes
- Papaya
- Melons
- Coconuts
- Berries
- Tomatoes
- Avocados
- Artichokes

- Cucumber
- Beet
- Sweet Potatoes
- Carrots
- Okra
- Garlic
- Shallots
- Celery
- Swiss Chard
- Dandelion Greens

Here are some foods you should either avoid or cut down on:

Eggs

- Pork
- Onion
- Cabbages
- Cauliflower
- Legumes
- Fowl
- High-fat milk
- Chocolate
- Ice-cream
- Coffee
- Black Tea
- Alcohol
- Soft drinks
- Sodas
- Grapefruit
- Oranges
- Corn
- Nuts
- White Flour
- Artificial Sweeteners

Also forgo drastic diets. If you want to reduce weight, it must be done in a gradual and healthy manner. Which means adequate exercise and the proper food in the proper amounts at the proper time. Not starvation followed by several eating binges.