

# GALLSTONE DIET

## GALLSTONES

### FOOD CHART

ENJOY

- **Fruits:**
- Apples
- Pears
- Berries
- Citrus fruits
- Melons
- **Vegetables:**
- Leafy greens
- Tomatoes
- Cucumbers
- Green beans
- Zucchini
- Sweet potatoes
- **Whole Grains:**
- Oats
- Brown rice
- Quinoa
- Whole wheat bread and pasta
- Barley
- Bulgur
- **Lean Proteins:**
- Skinless poultry (chicken, turkey)
- Fish (salmon, trout, sardines)
- Lean cuts of beef and pork
- Legumes (beans, lentils, chickpeas)
- Tofu
- Low-fat dairy (yogurt, milk, cheese)
- **Healthy Fats:**
- Olive oil
- Avocado
- Nuts
- Seeds
- **Beverages:**
- Water
- Herbal teas
- Freshly squeezed juices (diluted)
- **Snacks:**
- Veggie sticks with hummus

AVOID

- **High-Fat Foods:**
- Fried foods
- Fast food (burgers, pizza)
- Processed snacks
- Full-fat dairy products
- High-fat cuts of meat
- Pastries and baked goods
- **Sugary Foods and Drinks:**
- Sodas and sugary drinks
- Candy and chocolate
- High-sugar desserts
- Sugary cereals
- **Refined Carbohydrates:**
- White bread
- White rice
- Regular pasta
- Pastries and baked goods
- Processed Foods:
- Hot dogs
- Salami
- Bologna
- Pre-packaged meals
- Stews with high sodium content
- **High Cholesterol Foods:**
- Organ meats
- Shellfish
- **Other Foods to Avoid:**
- Excessive caffeine
- Energy drinks
- Alcohol
- Foods with trans fats

NOTES