

## Post-Gallbladder Removal Diet Suggestions

- Try to include a good soluble fiber supplement in your diet (like Inulin). They should have some to offer at your local health food store or pharmacy. Try to find a supplement that does not contain any insoluble fiber. Modified citrus pectin is a good source.
- Try eating more steamed or cooked veggies than raw (in Chinese medicine we recommend eating warm foods rather than raw or cold because they are easier for your body to digest).
- Limit or avoid dairy products, egg yolks, fatty meats, greasy foods, and fried foods.
- Try to space out your fat intake (even the healthy fats like fish oil) throughout the day so that you're not eating it all at once.
- Avoid weight loss diets and instead focus on eating well.
- Try to come up with a meal plan for yourself that allows you to have at least 4-6 smaller meals a day, even if you're on the run.
- The general rule for following a healthy diet is finding whole (unprocessed), local, organic, fresh foods that are in season. Also, it is important to eat a variety of foods every week. It is best to rotate foods in and out, allowing for a wide variety of nutrients and flavors. I suggest finding a good farmer's market near you and shopping there for your produce. That way, you'll be sure to eat a variety of foods that are in season and that come from a source you can trust.
- **Always Limit or Avoid:**  
**Dairy** (dairy is considered too "phlegm-producing" and difficult to digest. In Chinese medicine it is considered to cause inflammation in the gut). Cultured, low-fat dairy products like yogurt and sour cream, and goat's milk products are the exception.

**Refined sugars (especially white and brown)**

**Soda**

**Artificial Sweeteners**

**Refined Wheat and other Refined Grains**

**Corn Syrup (especially High Fructose)**

**Trans-fats and Hydrogenated Oils (read labels)**

**High fat or greasy foods**

**Preserved Meats (like hot dogs, salami, sausage,...)**

**Charred Meat**