

NUTRITIONAL SUPPORT FOR THE GALL BLADDER

EATING GUIDELINES

Increase the consumption of:

- Fresh salads
- Fish – particularly deep sea cold water such as Herring, sardines, halibut, salmon, lake trout, pink salmon, blue fish, albacore, tuna and mackerel – steam or bake – DO NOT FRY
- Vegetables – raw, steamed or baked
- Wholemeal grains such as brown rice, barley and millet
- Filtered or mineral water

Try to incorporate into your daily diet the following:

- 1 tablespoon cold pressed olive oil daily
- Have smaller meals (use a small plate for your helpings)
- Exercise at least 40 minutes 3 times per day (walking, cycling or swimming)
- Try to maintain a healthy weight

Decrease the use of the following:

- Total fats
- Sugars
- Alcohol
- Cigarettes
- Stress
- Coffee
- Tea
- Foods which may cause an allergic reaction i.e. wheat, milk, yeast, gluten, salicylates

By using the fresh juice of **one lemon in warm or room temperature water** ½ an hour before your meals, you will enhance the action of your digestive system.

PLEASE NOTE: if the use of oils in your diet causes pain under the right ribcage, reduce their intake immediately. It is recommended that you consult your health professional and possibly get an ultrasound of your gall bladder.