



The Gallbladder-Friendly Diet

- Eat plenty of fresh vegetables. If raw vegetables are problematic, try steaming or sautéing them in a small amount of olive oil.
- Beets especially are good for the gallbladder. Eat them frequently, either raw or juiced.
- Fresh fruit is great, but stick to low-sugar fruits like berries, cherries, apples, kiwi, and citrus. Dried fruit and bananas should be consumed sparingly.
- Eat whole, low-allergy grains such as brown rice, amaranth, quinoa, millet and barley. Minimize wheat and wheat products as these can irritate the gallbladder.
- Drink plenty of water, 8-10 8 oz. glasses/day depending on color of urine. Warm water with lemon juice is especially soothing for the gallbladder.
- Include unfiltered apple juice regularly in your diet.
- Include several teaspoons daily of beneficial oils such as butter, Ghee, olive oil, coconut oil, flax seed oil, sunflower seed oil, or oil from fish and raw nuts.
- Avoid fatty meats, but eat lean meats regularly. These include fish, poultry, lean cuts of beef (preferably grassfed), and lamb.
- Eggs, hard boiled or poached, are wonderful for regulating cholesterol content of the bile.
- Avoid refined and processed foods.
- If you choose to drink coffee, be sure it is organic. Organic coffee contains fewer acids.
- To keep the bile moving, mix the following together and have 2-3 Tbsp at least 3 times per week:
 - o 1 large organic beet, washed and grated
 - o Juice of ½ lemon
 - o 3 Tbsp. flaxseed meal