**Dietary Guidelines for Gallbladder Disease**

**ACUTE GALLBLADDER SYMPTOMS**

* Nothing but water for 12 hours
* Slowly start adding fruit and vegetable juices and other clear liquids (jello, broth)
* Start yogurt, cottage cheese and a tablespoon of olive oil daily
* Eat frequent, small meals.
* Start fiber therapy with Benefiber powder (1 tbsp in 12 ounces of water per day)

**AVOID**

* Red Meat
* Eggs
* Animal fats (like cheese, ice cream)
* Fried and greasy foods
* Sweets
* Alcohol
* Caffeine (coffee, soda, chocolate, tea)
* Spicy or tomato-based foods