

WUUTOR GALLBLADDER SUPPRESSION DIET

Type of Food	Foods Allowed	Foods Not Allowed
BEVERAGE	Cereal beverages made with skim milk; cocoa well diluted with skim milk; skim milk; skim milk drinks; buttermilk; weak coffee and tea with skim milk	carbonated beverages; all others
BREAD AND CEREAL	Arrowroots, social teas and similar plain cookie; plain white or brown bread; plain white rolls; melba toast, rusks; soda crackers; matzos; cooked cereals such as cornmeal, cream of wheat, well-cooked rolled oats; dry cereals such as corn flakes, puffed rice, rice flakes, rice krispies	bread using bran flour or whole grains, fancy breads, hot bread, pancakes, hot rolls, waffles, whole grain cereals
CHEESE	skim milk cottage cheese, skim milk cheese	All others
DESSERT	angel food cake, gelatin desserts, skim milk puddings - all made without fruits, nuts or spices, except those listed under foods allowed; sherberts	All others, i.e. those made with fruits, jams, nuts, pastries, spices
EGG	one a day if tolerated; boiled, coddled, omelets, poached, scrambled and shirred (cooked without fat)	all others
SWEETS	hard candy, honey, jelly, sugar and syrup in moderation	chocolate, fudge; jam, marmalade, all others

Type of Food	Foods Allowed	Foods Not Allowed
SOUP	Asparagus, string beans, carrot, mushroom, green pea, potato, spinach, squash, strained celery, corn or tomato soup, all made with skim milk; bouillon, consomme	all other soups not on the opposite list
FRUIT	All of the allowed fruits without thick skins, seeds, or membranes; canned or cooked apples, apricots, peaches, pears; ripe bananas, peaches and pears; cooked and pureed dried fruits; grapefruit and orange sections, fruit juices	All others
FAT	Butter, margarine - approximately 3 teaspoons per day	all other products prepared with fat
FISH, MEAT, POULTRY	All prepared by baking, broiling, poaching, roasting or stewing; fresh fish except those on opposite list; crisp bacon if tolerated; tender beef, lamb, liver, sweetbreads, veal, chicken, turkey (4oz. daily)	canned, fried, salted, smoked, spice fish, meat and poultry, shellfish; fresh pork
VEGETABLE	canned or well cooked tender vegetables - asparagus, string beans, beets, carrots, marrow, mushrooms, green peas, pumpkin, spinach, squash; tomato juice and tomato paste	canned, cooked or raw tomatoes, raw vegetables, juices, all others
MISC	salt, mild herbs such as sweet basil or parsley	alcohol, coconut, condiments, gravy, herbs such as garlic; ketchup, nuts, olives, pickles, popcorn, relish, meat sauces, spices, vinegar

General Instructions for the Patient.

1. Frequent small feedings rather than 3 set meals per day are indicated
2. Fried food, rich sauces, gravies and spicy foods are the most likely foods to give abdominal discomfort