



### *Gall Bladder Foods*

These are foods to avoid until you have regained balance with your gall bladder: coffee, chocolate, fatty cuts of meat, fried foods, ice cream.

These are foods to eat judiciously and conservatively until you have regained balance with your gall bladder: dairy products, nuts (5-6 per serving), nut butters (1 tbl./serving), avocado/guacamole (1 tablespoon/serving), oils (minimal use for cooking or salad dressing), butter (a tad).

Going for extended periods of time between meals/snacks can also place stress on the gall bladder. Four hours maximum between meals/snacks can really support a touchy gall bladder.

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