

## DIET FOR GALLBLADER PAIN

In acute stadium, when pain persist, it could be given just a little of carbohydrates-sweet water, fruit juices, tea, after that mush and strain carbohydrates food - potatoe, rice, pasta, food boiled on milk; strain vegetables - spinach, kohlrabi, or strain fruit. After some days pass to normal abound of food. It is not allowed to drink too hot drinks and eat too hot food. It is necessary to eat often, smaller amounts than usual, never so much food. Always relax after eating

Type of food	ALLOWED FOOD	NOT ALLOWED FOOD
milk and milk products	milk with low percentage of fats,joghurt,sour milk, cow cheese	Old cheese, fat cheese, kajmak
eggs	/	Egg
Bread and grains	White bread – baked bread, toast, biscuits, pretzels, pancakes, all pasta, corn flour, rice	Bread and dough with yeast, with butter and eggs
Meat,soup and fish	veal, chicken white meat, fish, white ham, nofat soup, vegetable soup	Bacon, dry meat, sausage, roasted and breaded chops, pork,beef,venison, duck, goose, frankfurkter, can, cavijar, sardine
Vegetables	Potato-mushed potatoes,boiled into salted water,spinach, carrot, kohlrabi, asparagus, mangel, pepper, green salat, beet-all with viganter or oil	Rested potatoes, peas, radish,cucumber, kale,cabbage, turnip
fruits	All kind- fresh, boiled, juices	Quince, melon, watermellon, almonds, nuts, hazelnuts
Fats and oils	Olive, soya, corn, sunflower	Margarin, pork and goose fat,
Spices	All spices	Garlic souce, all souces from meat
sweets	marmelada, jam, honney	Sugar, cakes, pudding,icecream,chocol ate
Drinks	Tea, cacao, weak coffee	Alcohol drinks, rakija and cold beer

Yours ,

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