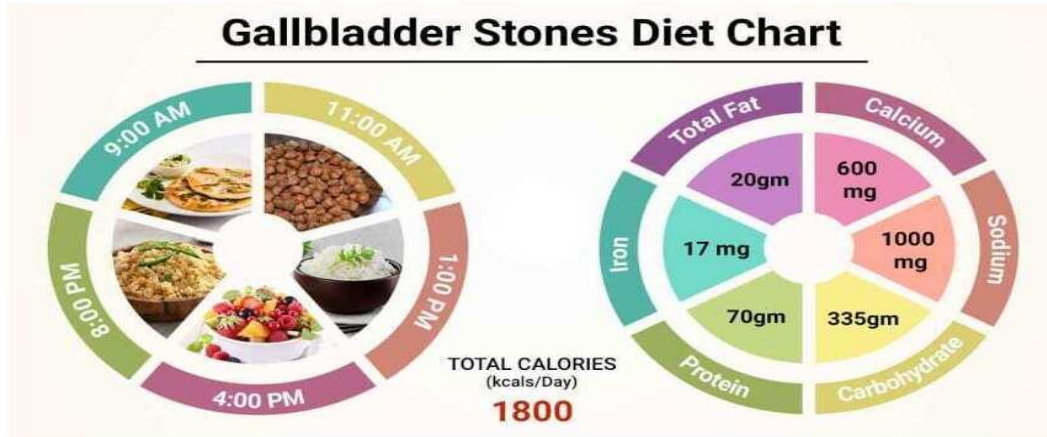


Gallbladder Stones Diet Chart



Diet Chart for Gallbladder Stone Patient

Sunday	
Breakfast (8:00-8:30A M)	Utappam 2+ 1 tbs green chutney.
Mid-Meal (11:00-11:30 AM)	1 cup boiled channa
Lunch (2:00-2:30P M)	1 cup rice+ Soya chunk curry 1/2 cup+ Ladies finger subji 1/2 cup+ small cup low-fat curd.

Evening (4:00-4:30P M)	1 Portion fruit(Include different colored fruits. Don't stick with a particular one.
Dinner (8:00-8:30P M)	Broken wheat upma 1 cup+ 1/2 cup green beans subji

Monday

Breakfast (8:00-8:30A M)	Mix veg Poha 1 cup+ 1/2 cup low-fat milk.
Mid-Meal (11:00-11:30 AM)	1 Portion fruit(Include different colored fruits. Don't stick with a particular one.
Lunch (2:00-2:30P M)	3 Chappati+ 1/2 cup cluster beans subji+ Fish curry(100g fish) 1/2 cup.
Evening (4:00-4:30P M)	1 cup coffee + 2 biscuits (Nutrigochoice or Digestiva or Oatmeal.)
Dinner (8:00-8:30P M)	2 Roti / chappathi+Ridge guard subji 1/2 cup.

Tuesday

Breakfast (8:00-8:30A M)	Vegetable Oats Upma 1 cup+ 1/2 cup low fat milk.
Mid-Meal (11:00-11:30 AM)	paneer low-fat Yoghurt with raw vegetables / grilled vegetables -1 cup

Lunch (2:00-2:30P M)	1/2 cup rice + 2 medium chappati+1/2 cup Kidney beans curry+ Snake guard subji 1/2 cup.
Evening (4:00-4:30P M)	1 cup boiled channa+ light coffee 1 cup.
Dinner (8:00-8:30P M)	2 Roti/ chapati+ 1/2 cup mixed veg curry

Wednesday

Breakfast (8:00-8:30A M)	2 Slice brown.+1 slice low fat cheese+1 Boiled egg white+ 1/2 cup low fat milk.
Mid-Meal (11:00-11:30 AM)	1 Portion fruit(Include different colored fruits. Don't stick with a particular one.
Lunch (2:00-2:30P M)	Veg pulao rice 1 cup+ 1/2 cup Soya Chunk curry+ 1/2 cup Low-fat curd.
Evening (4:00-4:30P M)	1 cup light coffee + 2 wheat rusks.
Dinner (8:00-8:30P M)	2 roti/ Chapathi+ Ladies finger subji 1/2 cup.

Thursday

Breakfast (8:00-8:30A M)	4 Idli + Sambar 1/2 cup/ 1 tablespoon Gren chutney/ Tomato Chutney
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Mid-Meal (11:00-11:30 AM)	green gram sprouts 1 cup
Lunch (2:00-2:30 PM)	3 Roti+1/2 cup salad + Fish curry (100 gm fish)+ 1/2 cup cabbage subji.
Evening (4:00-4:30 PM)	1 Portion fruit(Include different colored fruits. Don't stick with a particular one.
Dinner (8:00-8:30 PM)	2 Roti / chappati.+ Tomato subji 1/2 cup.
Friday	
Breakfast (8:00-8:30 AM)	Chappati 3 + 1/2 cup potato masala
Mid-Meal (11:00-11:30 AM)	1/2 cup boiled black channa
Lunch (2:00-2:30 PM)	1 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup+ 1/2 cup low-fat curd.
Evening (4:00-4:30 PM)	1 Portion fruit(Include different colored fruits. Don't stick with a particular one.
Dinner (8:00-8:30 PM)	Broken wheat upma 1 cup+ 1/2 cup green beans subji

Saturday

Breakfast (8:00-8:30AM)	Methi Parata 2+ 1 tbs green chutney.
Mid-Meal (11:00-11:30 AM)	pane Yoghurt with raw vegetables / grilled vegetables -1 cup
Lunch (2:00-2:30PM)	1 cup rice+ chicken curry(200 gm chicken+ 1 cup cucumber salad.
Evening (4:00-4:30PM)	1 Cup light coffee+ Brown rice flakes poha 1 cup.
Dinner (8:00-8:30PM)	Wheat dosa 3 + 1/2 cup Bitter guard subj.

Food Items To Limit in Gallstones Diet

1. Limit Animal Protein: Foods highest in purines include organ meats, such as liver, heart, and kidney; anchovies; sardines; mackerel; codfish; herring; mussels; scallops; shrimp; veal; bacon.
2. Avoid Sodium: Sodium may increase your risk of calcium oxalate and phosphate stones by causing your kidneys to excrete more calcium in the urine.
3. Avoid Oxalate & Vitamin C: Limit the oxalate in your diet if you are at risk for calcium oxalate stones. Foods high in oxalate can increase levels in the urine. High-oxalate foods include spinach, beets, rhubarb, nuts, wheat bran, buckwheat, and chocolate.

4. Stone Promoting Fluids: Avoid sodas altogether to help reduce the recurrence of stones. Drink mostly water and aim to consume between eight to 12 cups of fluid per day to help prevent all types of kidney stones.
5. Foods High in Potassium: Kidney patients are advised to limit foods that are high in potassium, as these may lead to life-threatening complications such as heart failure. Tomato, potato, spinach, avocados, banana, orange, and dried fruits should be limited.
6. Caffeine and Alcohol: You need to limit caffeine and alcohol. Alcoholic and caffeinated beverages may initially increase urine output, but deplete your body water.

Do's And Dont's During Diet Plan of Gallstone

Do's: Eat with gallstones

1. Drink sufficient water/juices to excrete more than
 1. 5-2 liters of urine per day.
 2. Reduce consumption of protein food to a judicious level, as a diet high in protein (e.g., meat fish, pulses, nuts, and eggs) may lead to kidney stones.
 3. Decrease the consumption of sugar (e.g., sucrose) as sugar also promotes stone formation.
 4. Consume an adequate amount of calcium every day. You can eat with gallstones issues to get enough calcium from food items like milk (120mg/100g), yogurt (120 mg/100g) and cheese (700mg/100g) reducing calcium intake may not decrease the risk of stone formation but can lead to osteopenia. Moreover, reduced calcium consumption increases oxalate stone formation.

5. Daily consume raw fruits such as melons, papaya, grapes, bananas, etc. in large quantities as they provide water-soluble fiber.
6. Be active and exercise regularly to lose weight, which may be helpful to flush out better and maintain healthy functioning kidneys.

Please call us for any query or get more diet charts by visiting our website:
<https://drdeepikashomeopathy.com/all-diet-charts/>

Thanks & Regard

[Dr. Deepika's Homeopathy](#)

Noida Sector 62 Clinic Address

PF-23, TOT Mall, C Block Market, Sector - 62, Noida, 201301
Phone: [+91-7652005589](tel:+91-7652005589)
<https://drdeepikashomeopathy.com/>

Greater Noida Clinic Address

Shop No: O-113, Addela Mart, Raksha Addela, Gaur City 2,
Noida Extension, Greater Noida West, UP, 201309
Phone: [+91-8853920440](tel:+91-8853920440)
<https://drdeepikashomeopathy.com/>