

## CHOLELITHIASIS(Gallstones)

### PATHYA

Ahara	Vihara
Fruits : Apple, Apricot, Lemon, Papaya, Melon, Gauva, Grapes,	Daily exercise to optimise the level of Cholesterol.
Vegetables : Tomato, Coconut, Cucumber, Carrot, Cellary, Garlic, Avacado, Bell pepper, Leafy Vegetables, Potato,	
Oils : Sunflower Oils, Olive oil,	
Others : Bread, Rice, Cerels, Chappathi, Dried fruits, Honey, fat free yogurt, Nuts, Coffee.	
Meat : White fish, fat free meats.	
Regular diet, drink plenty of water, Fresh fruits and vegetables, low fat dairy foods.	
<b><u>Apathya Ahara</u></b>	<b><u>Vihara</u></b>
Meat : Sausage, Pork, Lamp , Beef, Meat, tinned salmi, Fatty skin of chicken Red meat.	Skipping meals
Milk & milk products : Yogurt, Milk, Cream, Pudding, Icecream, Custards, Mayonase , cheese, Pudding, Butter pastries, Ghee, Fatty milk egg yolk.	Avoid large meals Avoid (Gluten Wheat, Barley, Rye) Avoid ( Turkey & Chicken)
Vegetables : Onion, Cabbage, Cauliflower, Tomato, Beans and Legumes	
Beverages : Coffee, Black tea, Alcohol, Soft drinks	
Others : Oranges, Grape fruit, Oily greasy fatty foods, Fried foods	