

## Dietary advice for people with symptomatic gallstones

### Do I need to follow a special diet if I have gallstones?

The simple answer is no. Generally individuals with gallstones should follow healthy eating principles as recommended for the general population.

Some people with gallstones find that eating a high fat diet can cause abdominal pain. By following a healthy diet you **may** be able to reduce these symptoms. You should not follow a completely fat-free diet as your body needs some fat for general health.

***The diet may result in weight loss. If you are concerned about weight loss please speak to your doctor or dietitian.***

### Dietary Fat Facts

#### Fats to avoid:

##### ■ Saturated fats

- ❖ Food examples include- butter, lard, coconut oil, palm oil, ghee, hard cheeses, cream and fatty meats.

##### ■ Trans fats

- ❖ Food examples include- cakes, pastries, margarines, biscuits, deep-fried foods, frozen pizza, anything with "hydrogenated oils" on the ingredients.

### 7-Points to Reduce Your Fat Intake:

#### 1. Eat regularly and eat a variety of foods.

For more information follow the 'Food Standards Agency, The Eat Well Plate'.

#### 2. Substitute high fat containing snacks with plenty of fruit and vegetables.

Choose a variety and aim for 5 portions per day.

#### 3. Choose leaner cuts of meat.

Removing any visible fat or skin on meat. Avoid meat products that are high in fat, which includes sausages, pate, black pudding, corned beef, salami or chorizo.

#### 4. Avoid frying or adding additional fat when cooking.

Grill, poach, steam, casserole or roast foods instead of frying. Also avoid adding oils, butters or margarines when cooking.

#### 5. Use low fat products.

These include low-fat spreads, sauces and dressings.

Use lower fat dairy products, for example cheese, yoghurts and milk.

#### 6. Avoid foods tined or jarred in oil.

Choose tinned fish in brine, water or tomato sauce.

Use fresh vegetables instead of jarred in oil.

#### 7. Avoid snacks high in fat.

These include chocolate, crisps, nuts, biscuits, doughnuts, cakes, and cream filled foods.



Every patient responds to food differently and if you find that particular foods brings on pain then try to avoid these.

### Example Diet Plan

<b>Breakfast</b>	Cereal e.g. Weetabix, Shredded Wheat, Branflakes or Porridge with semi-skimmed or skimmed milk. Add fruit to cereals.
	Wholemeal toast with low-fat olive spread and poached egg.
	Fruit smoothie.
<b>Main Meals</b>	Lean chicken in tomato based sauce, with pasta.
	Quorn bolognese.
	Jacket potato with beans and low-fat cheese
	Grilled fish, salad, and wholemeal bread roll
	Dry roast vegetables, with couscous
<b>Light Meals</b>	Sandwiches made with lean meat/fish and low fat spreads.
	Vegetable soup and wholemeal bread roll.
	Tuna pasta salad made with low fat mayonnaise.
	Lean chicken, salad and balsamic dressing.
<b>Snacks</b>	Fruit (fresh, tinned or dried)
	Low-fat yoghurt
	Crumpets/toast with marmalade or jam
	Plan Biscuits