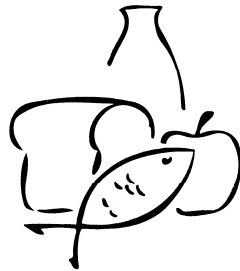


DIETARY ADVICE FOR GALLSTONES



MEAL PLAN

Breakfast

Fresh fruit juice/ Fruit
Cereal with semi skimmed or skimmed milk
Bread or toast with low fat spread

Lunch

Lean meat or fish or egg or pulse vegetables
Potatoes or bread or pasta or rice
Vegetables or salad

Dinner

As for Lunch

Between meal snacks

Semi skimmed or skimmed Milk drinks
Fresh fruit
Plain biscuits
Malt loaf
Scones
Teacakes

WHAT CAN I EAT?

To stay healthy we need a balanced diet including a variety of different foods. This is the best way to ensure we get enough of the nutrients we need. There are four main food groups

Bread, cereals, potatoes pasta and rice

Have these as the main part of your meals and snacks. As well as energy, starch foods provide vitamins, minerals and fibre. They contain very little fat.

Fruit and vegetables

Try to eat some fruit or vegetables at every meal or snack. They contain a variety of vitamins and minerals and are again naturally low in fat.

Meat, fish and alternatives (eggs, beans, and pulses)

These foods provide us with protein, vitamins and minerals including iron. Choose lean meat and ensure you trim off all visible fat and remove skin from chicken. Eggs contain some fat so should be eaten in moderation. Beans and pulses are naturally low in fat and should cause no problems. Protein foods should be eaten at least twice per day.

INTRODUCTION

Some people with gallstones find that eating foods high in fat causes them to experience abdominal (tummy) pain. The information provided in this leaflet aims to help such people. Fat is high in calories and reducing fat in the diet may cause you to lose weight. **If eating fat does not cause you any symptoms and you do not need to lose weight you should continue to eat a balanced healthy diet.**

If you need to lose weight and would like more information we would be happy to make you an out patient appointment to see a dietitian. If you do not need to lose weight and experience rapid or continuous weight loss as a result of reducing the fat in your diet, you should seek the advice from a state registered dietitian.

For an outpatient appointment with a dietitian speak to your Hospital doctor or GP and ask them to refer you to dietitian.

FOODS HIGH IN FAT

The following foods are high in fat. Limit the amount you eat if you get pain after eating them.

Fried foods

Including chips, roast potatoes and foods in batter.

Fatty meat

Including sausages, pate, black pudding, salami, corned beef and luncheon meat.

Eggs

Fried or scrambled eggs with added butter/margarine. Limit to one small or medium egg, boiled or poached.

Fish

Deep fried fish or seafood in batter or shallow fried fish in breadcrumbs. Oily fish such as herring or mackerel and sardines should not cause problems but if buying tinned varieties choose the ones tinned in brine or tomato sauce rather than in oil.

Pastry

Such as meat pies, sausage rolls, croissants and sweet pastries (e.g. Danish pastries).

Snacks

Crisps, nuts, chocolate, cream filled or chocolate biscuits, doughnuts and cream cakes.

Dressings

Mayonnaise, Salad cream and Oil salad dressings (Use low fat varieties sparingly).

Dairy products

Full fat Milks, Full fat cheese or cheese spreads, Cream, creamy yoghurts and desserts.

Oils and spreads

Butter, lard, all and margarine's. Choose a low fat margarine (not just low cholesterol or low saturated fat) and use this sparingly.

Miscellaneous

Nuts, avocado

Dairy products (milk, yoghurts and cheese)

These foods are rich in calcium and are vital to keep our bones strong. Choose the low fat varieties as these have just as much calcium, protein and vitamins. We should eat 2 – 3 portions of these foods per day (1 portion = 1/3 pint of milk, pot of yoghurt).