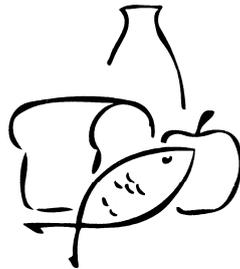


# DIETARY ADVICE FOR GALLSTONES



## 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).