



Berkshire Healthcare NHS Foundation Trust
Royal Berkshire NHS Foundation Trust

Reduced fat diet for people with gallstones

Information for patients

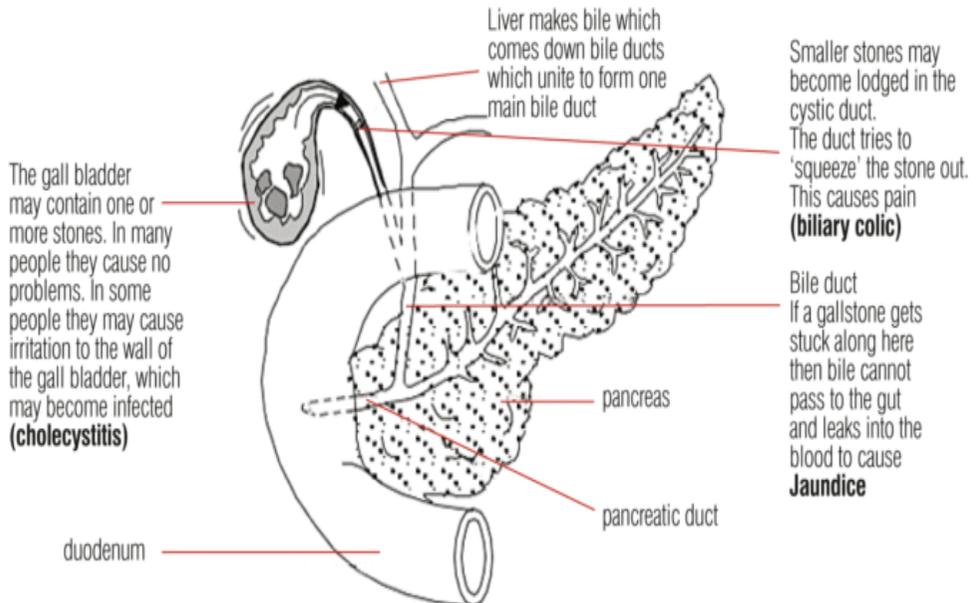
What are gallstones?

The gall bladder is a small sac lying on the underside of the liver. Bile produced by the liver is used to help digestion.

Bile is stored in the gallbladder and released into the small intestines when we eat fatty or oily foods. In some people the levels of cholesterol (a fatty substance) in bile becomes too high, and the excess cholesterol forms into stones. Gallstones can form in the gallbladder and move into the bile duct and may cause problems.

What symptoms do gallstones cause?

Gallstones don't usually cause any symptoms, but if a gallstone blocks one of the bile ducts, it can cause sudden severe abdominal (tummy) pain and discomfort after eating, and particularly after a meal or snack containing a lot of fat.



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

- The best diet to follow is a healthy well balanced diet that is high in fibre (at least five portions of fruit and vegetables per day), low refined sugar and has a moderate fat content (20-35% energy in your total diet should come from eating fat).
- Eat regular meals throughout the day; try not to skip breakfast.
- Choose a variety of foods from the different food groups. Follow the Eatwell Guide (see next page), which shows the different types of foods that make up our diet and the proportions we should eat from each group.
- When using fat, avoid/reduce saturated fat (animal fat) and use plant based oils and spreads (olive, rapeseed, avocado) in sensible amounts.
- Some people with gallstones find that eating a diet lower in fat helps to reduce their symptoms of pain and nausea.
- Keep to safe alcohol drinking limits www.drinkaware.co.uk.
- Aim to cook and prepare fresh meals when possible, to reduce your intake of processed foods; preparing food in advance and storing it appropriately can help with this. When choosing ready prepared meals, use those with less than 15g of fat per portion and serve with extra vegetables or salad.
- Achieving and maintaining a healthy weight is recommended (aim for a BMI of less than 25kg/m²). Trying to be physically active every day could help you achieve this and may help you feel healthier.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugar	Salt
133kcal	3.0g	1.3g	34g	0.9g
26%	LOW	LOW	HIGH	MED
13%	4%	7%	33%	15%

Typical values (as sold) per 100g: 487kcal / 167kcal of fat, 10.5g of saturated fat, 10.5g of sugar, 0.5g of salt

Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Foods to avoid / reduce and low fat alternatives

Foods high in fat	Low fat alternatives
<i>Fruit and vegetables</i>	
<p>Avocado Vegetables in a rich cream or cheese sauce Mixed salads with a mayonnaise based dressing e.g. potato salad or coleslaw Buttered or oiled vegetables Fruit pies / pastries</p>	<p>Fruit and vegetables All raw, boiled, steamed, dry fried or grilled vegetables Salad Fresh, canned or dried fruit</p>
<i>Bread, cereal and potato</i>	
<p>Deep fried chips, roast potato or potato wedges, oven baked chips Paratha, puri, bhatura, buttered naan</p>	<p>All breads e.g. pitta, wholemeal, granary, white Plain boiled rice, pasta, couscous or noodles Boiled, baked, mashed or dry roasted potato</p>
<i>Milk and dairy foods</i>	
<p>Full fat or extra cream milk Indian cheese (paneer) All hard and matured cheese e.g. cheddar, gouda, feta Cream cheese / soft cheese e.g. mascarpone, camembert Full fat yoghurts, cream, crème fraiche, Greek yoghurt</p>	<p>Skimmed or semi-skimmed milk Half fat cheddar or half fat Edam Cottage cheese, quark, ricotta Low fat / diet yoghurt, low fat fromage frais</p>

Foods high in fat	Low fat alternatives
<i>Meat, fish and alternatives</i>	
<p>Fatty meat e.g. sausages, beef burgers, meatballs, pies, faggots and the fatty edge from meat</p> <p>Duck, goose and any poultry skin</p> <p>Deep fried and battered fish, fish fingers / fishcakes, tinned or cooked oily fish</p> <p>Nuts / nut butters</p>	<p>Small, lean portions of beef, lamb, pork, ham or bacon grilled, stir fried (using a small amount of oil), casseroled, roasted chicken / turkey without the skin</p> <p>Grilled, steamed, baked, poached white fish / shell fish, tinned tuna in spring water, homemade fishcakes or fish fingers (not fried in oil/fat)</p> <p>Vegetarian alternative products such as Quorn, tofu, tempeh, seitan etc – check fat content as processed products could still have a high fat content – aim for less than 5g fat per 100g portion</p> <p>Beans and pulses</p>
<i>Fatty and sugary foods</i>	
<p>Chocolate</p> <p>Crisps, deep fried corn snacks/Indian snacks (e.g. Bombay mix)</p> <p>Biscuits</p> <p>Lemon curd / peanut butter</p> <p>Fudge / toffee</p> <p>Oils and fats—includes olive oil, coconut oil, lard, dripping</p> <p>Margarine</p> <p>Ice cream</p>	<p>Sugar</p> <p>Jam</p> <p>Jelly sweets</p> <p>Plain popcorn</p> <p>Low fat spreads (use sparingly)</p>

Foods high in fat	Low fat alternatives
<i>Other foods</i>	
Vinaigrette / salad dressings/ Mayonnaise Herb and spice mixes in oil or that contain other fatty foods (e.g. pesto and some spice pastes)	Ketchup Salt / pepper Herbs and spices Vinegar Lemon juice Soy sauce

What should I eat if I am in a lot of pain?

If the above dietary advice does not help alleviate pain or if you experience sudden or severe pain, seek medical advice.

Further advice

<https://www.nhs.uk/conditions/gallstones/prevention/>

<https://gutscharity.org.uk/advice-and-information/conditions/gallstones/>

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