

## Eating Guidelines for Gallbladder Disease

### Information about gallbladder disease

Gallstones are made when cholesterol in bile forms hard stones. Gallstones can take many years to form and may not cause any symptoms. Severely restricting fat is not necessary or desirable either before or after gallbladder surgery. Most people can follow Canada's Food Guide and eat a balanced diet before and after surgery.



### Steps You Can Take

#### Before you have surgery:

- Unless your doctor advises otherwise, eat a healthy diet by following **Canada's Food Guide**, <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>.
- Include a variety of foods from all four food groups.
- Choose high fibre foods like whole grains, fruits and vegetables more often.
- Have 2 to 3 servings of milk and milk alternatives each day. A serving is one 250 mL (8 oz) glass of milk, 50 grams (1½ oz) of cheese, or 175 mL (¾ cup) of yogurt.
- Eat 2 to 3 servings of meats, poultry, fish, dried peas, beans or lentils each day. One serving is 75 grams (2 ½ oz) of meat, fish or poultry; or 2 eggs; or 175 mL (¾ cup) beans; or 150 grams (¾ cup) tofu; or 30 mL (2 Tbsp) peanut butter.

A diet too low in fat can lead to gallstone formation.

- Do not try to cut out all fat from your diet, but do limit the fat you use at the table and in cooking to 30 to 45 mL (2 to 3 Tbsp) each day. For more information on different kinds of fats and how to include healthier fats in your diet, see Dietitians of Canada's Step Right Up to Healthy Eating. Dietary Fat – The Good, the Bad and the Ugly. <http://www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=8435>.
- Choose lower fat dairy products like 1% and skim milk and yogurt, lower fat cheese (less than 20% milk fat) and low fat sour cream.

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- Eat lean meats and poultry (remove skin) and choose lower fat alternatives like lentils, chickpeas and tofu often.
- Limit amounts of high fat desserts and snacks like cookies, commercial baked goods and chocolate.

### After you have surgery:

After you have gallbladder surgery, unless your doctor instructs you otherwise, go back to your normal healthy eating with a moderate amount of fat. You do not need your gallbladder for normal digestion of food.



### Additional Resources

- Dietitians of Canada's Step Right Up to Healthy Eating. Dietary Fat – The Good, the Bad and the Ugly. <http://www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=8435>
- Health Canada. **Eating Well with Canada's Food Guide.** <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

*These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.*

### Notes



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