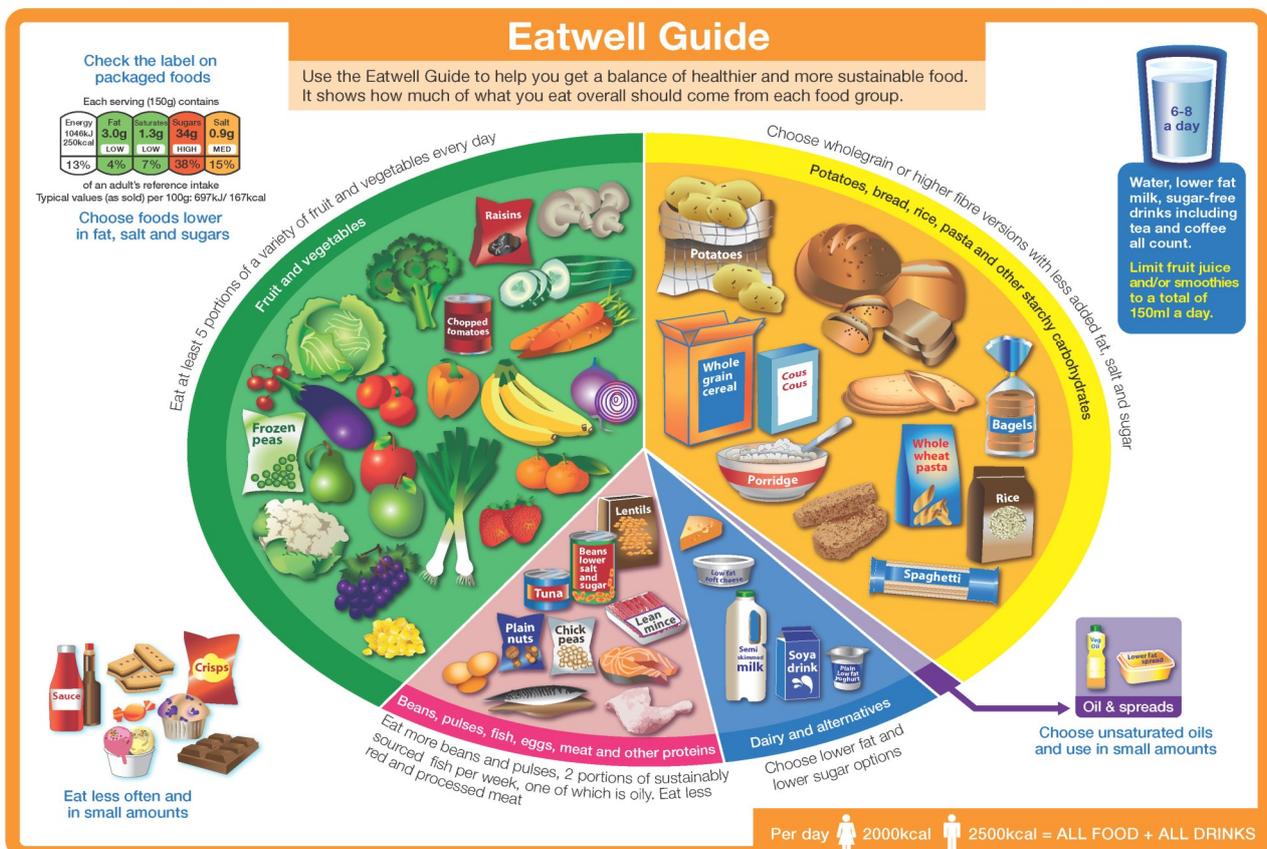


# Food Fact - Dietary Advice For Gallstones

Current research no longer supports the use of low fat or very low fat diets as the appropriate treatment for people with gallstones.

If surgery isn't recommended or you want to avoid having an operation it is advisable to adopt a health balanced diet based on the Eat Well Guide.

The Eatwell guide shows the 5 food groups that make up a healthy diet. This means eating more starchy foods such as bread, potatoes, pasta and rice and more fruit and vegetables.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Dairy products and meat dishes should be eaten in smaller amounts with the foods rich in fat and sugar being kept as treats.

A healthy diet won't cure gallstones or completely eliminate your symptoms, but it can improve your general health and help control pain caused by gallstones.

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Food Group	Daily Recommended Servings For Health	Portion Size Examples
Bread, other cereals and potatoes  <b>Aim to include wholegrain products</b>	At least <b>6</b> portions a day	3 tbs breakfast cereal, 1 Weetabix or Shredded Wheat 1 slice bread/toast or ½ bread roll Small pitta bread/chapatti 3 Crackers 1 egg sized potato, 1 spoon mashed potato 2 tbs rice or pasta, noodles (uncooked)
Fruit and vegetables	At least <b>5</b> portions a day	3 tbs vegetables/tinned or stewed fruit Cereal bowl of salad Piece of fresh fruit, e.g. one apple, one pear Handful of grapes/berries 2 small fruit, e.g. satsumas, plums 1 tbs dried fruit 150mls fruit juice
Milk and dairy foods	<b>2-3</b> portions a day	200mls (1/3 pint) milk Small pot of yoghurt, cottage cheese or fromage frais 1½oz/40g cheese (small match box sized chunk)
Meat, fish and alternatives	<b>2-3</b> portions a day	2-3oz/50-70g beef, pork, ham, chicken, oily fish, liver, kidney 4-5oz/100-150g white fish (not fried in batter) 2 Eggs (avoid frying) 3 tbs baked beans 3 tbs pulses/lentils (cooked)
Fatty and sugary foods	Occasional treats	Butter, margarine, cooking oil, mayonnaise, salad dressing, sugar, cream, ice cream, pies, sausage rolls, crisps, chocolate, sweets
Drinks	<b>8-10</b> glasses or <b>1.5- 2</b> Litres per day	250mls (½ pint) mug/cup/glass of water, tea, coffee, sugar-free drinks, unsweetened fruit juice
Alcohol  <b>Maximum guide:</b> Men and Women 2-3 units per day with at least 2 days off alcohol each week		1 unit is: ½ pint ordinary strength beer/cider 1 small (125ml) glass of wine 1 pub measure (25mls) of spirits

## Sections Of The Eatwell Guide

- Plan meals and snacks around **starchy foods** such as bread, breakfast cereals, potatoes, rice, oats and pasta
- Five-a-day – have at least 5 portions of **fruit and vegetables** each day, remember this can include fresh, frozen, dried, canned and juices
- **Variety** – eat a variety of different types and colours of fruit and vegetables as the different coloured fruit and vegetables will contain their own combination of vitamins and minerals
- **Protein sources**, e.g. meat, fish, eggs and pulses (beans and lentils) should be eaten in moderate amounts. Choose lean cuts of meat and remove excess fat and skin. Avoid frying where possible. Try to include 2 portions of fish each week, ideally oily fish e.g. mackerel, trout, sardines or kippers
- **Dairy** – Try to aim for a pint of milk a day or the equivalent in yoghurts. Try to choose reduced fat versions where you can, e.g. skimmed milk, low fat yoghurts, cottage cheese and half-fat cheddar
- **Sugar and fat** should be limited. Avoid those that are high in saturated fat, e.g. butter, ghee, lard and instead choose those that are higher in unsaturated fat, e.g. sunflower, soya, olive and rapeseed

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