

Reference: Surviving gallbladder surgery, Jo Scott-Jones, New Zealand Doctor 22 March 2006

Low fat diet after gallbladder surgery

(used with permission of Tauranga Hospital nutritional services department)

Food type	Lower fat foods	Higher fat foods
Fats Butter Margarines	lite spreads diet spreads	butter, margarines, lard, dripping, Chefade, Kremelta, cooking and vegetable oils, gravy made from meat dripping, white sauce, cheese sauce.
Meat	lean beef, lamb, mutton, veal, venison, kidney, tripe, heart	bacon, pork, tongue, luncheon meat, sausage, meat paste, salami, sausage meat, saveloys.
Poultry	chicken, pheasant, turkey, (remove all skin)	duck goose, muttonbird.
Fish	all fish	eel, fish fingers, herrings, mackerel, sardines, oily fish, fried fish and takeaways.
Eggs	eggs if tolerated	
Milk Cheese Cream	trim milk, skim milk, evaporated skim milk, non fat milk, low fat yoghurt, cottage cheese, ricotta, quark, ice cream low fat.	full cream milk, milkshakes,(unless made with trim milk and no ice cream) evaporated milk, condensed milk, cream cheese, ice cream, cheddar cheese, ice cream, cream, sour cream.
Drinks	fruit and vegetable juices, cordials, soft drinks, tea, coffee, Milo, Ovaltine, milk shakes made with low fat milk and no ice cream.	milk shakes made with full fat milk and ice cream.
Bread Cereals Baked products	bread, bread rolls, low fat crackers, crispbreads, flour, cornflour, custard powder, rice, sago, tapioca, semolina, pasta, breakfast cereals.	doughnuts, biscuits, cakes, toasted breakfast cereals.
Fruit	all raw, cooked, dried, frozen or canned.	avocado, olives, coconut, coconut cream.
Vegetables and dried beans	all raw, boiled, steamed or dry baked, baked beans, lentils, dried beans.	high fat potato or kumara chips, roasted or fried vegetables
Soups	fresh soups made from fresh stocks where any fat has been removed, packet soups, cream soups made using trim milk.	soups made with whole milk or cream.
Desserts	meringues (no cream), jelly, milk puddings made with trim milk.	pies, pastries, commercial cakes, biscuits, and puddings
Miscellaneous	sugar, jam, honey, boiled sweets, Marmite, Bovril, Oxo, Bisto, salt, pepper, herbs / spices.	chocolate, toffees, lemon honey, potato chips, all nuts, peanut butter, salad dressing, mayonnaise.

Remember everyone will tolerate food differently so you will need to find out what suits you.