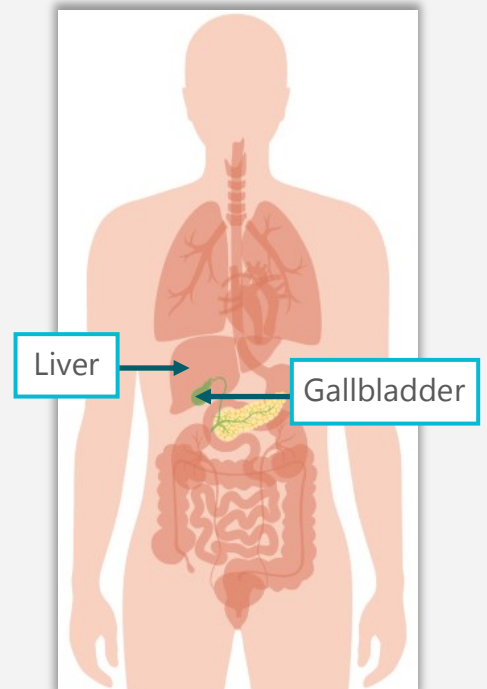


# A Guide to Eating After Gallbladder Surgery

Your **gallbladder** is a small organ on the right side of your abdomen (stomach) that is connected to your liver.

The gallbladder stores **bile**, which helps to break down the fat from the foods you eat.



## Eating After Gallbladder Surgery

After gallbladder surgery, try to avoid eating high fat, greasy, and/or fried foods. Your gallbladder is no longer able to help you digest fat, so you will need to limit the amount of fat you eat.

### Here are some tips for eating after gallbladder surgery:

- Try eating smaller, more frequent meals and snacks every couple of hours. A smaller meal will keep you full for at least 2 hours whereas a standard meal will keep you full for 3-4 hours.
- Choose foods that are low in fat. Read food labels and look for foods that have 3 grams of fat or less per serving.
- Consider following a plant-based diet.
- Stay active. Take time to exercise when you can.

# Use this chart for examples of foods to avoid, foods to have sometimes, and foods to include in your diet.

## Foods to Avoid:

- Fatty meats:** Steak, beef, sausage, pork, bacon.
- Some dairy products:** Full-fat yogurt & cheese, whole milk, sour cream, butter.
- Processed foods:** Sugary cereals, white bread, foods cooked in hydrogenated oil, like potato chips.
- Sugary foods:** Cakes, pies, cookies, ice cream.
- Caffeine and alcohol:** Coffee, tea, beer, wine.
- Fried and fast foods. Foods that cause excess gas.**



## Foods to Eat Sometimes:

- Nuts, nut butters:** Peanut butter, almond butter.
- High fat sauces made with butter, oil, and/or cream:** Gravy, alfredo sauce, Hollandaise sauce.
- Oils:** Olive oil, coconut oil, avocado oil.



## Foods to Include in Your Diet:

- High fiber foods to help with digestion:** Lentils, potatoes, barley, oats, whole grains, beans, peas, raw nuts, fruits and veggies.
- Nutrient dense foods:** Spinach, kale, cauliflower, broccoli, legumes, avocados, berries, citrus fruits.
- Lean meats or meat substitutes:** Chicken, turkey, salmon, tuna, white fish, tofu.
- Low-fat or fat-free foods:** Low-fat salad dressings and mayo, skim milk, avocados.



It takes some time to find which foods your body can and can't handle after surgery. Cut back on foods that cause diarrhea, gas, or discomfort. Continue to eat foods that do not cause increased pain or discomfort. **Talk to your CHN nutritionist if you have more questions!**