

Diet Plan after gallbladder removal surgery.

1. Steamed vegetables

In terms of your diet, there is one rule you need to follow and that is, '**Fewer fats and protein and more fibre.**' Eating vegetables is a great way of doing this. But why should one eat steamed vegetables? Steaming vegetables improves their ability to bind the bile acid. So it will lower the risk of digestive distress after consumption of such foods. These vegetables include broccoli, cabbage, kale and green bell peppers.

2. Soluble fibres

Eating soluble fibres is another great way of lowering the risk of digestive distress. These soluble fibres bind well with the bile acid and reduce their risk of disturbing gut function, thereby preventing unwanted symptoms. These foods include

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- Apples
- Bananas
- Strawberries
- Blueberries
- Beans
- Carrots
- Chickpeas
- Grapefruit
- Onions
- Oranges
- Lentils
- Oatmeal

3. Lean protein

The gallbladder is not needed for digesting protein. Yes, the fatty cuts of meat can lead to some digestive distress but lean protein does not cause disruptions.

4. Healthy fats

After the surgery, your body will lack the ability to digest fats easily but that does not mean that you will discontinue fat consumption completely. Your pancreas will continue to release the fat-digesting enzymes. However, you need to be mindful of your choices. Opt for healthy fats in foods like:

- Coconut oil
- Olive oil
- Avocados
- Anchovies, salmon and sardines
- Flaxseeds
- Chia seeds
- Walnuts
- Almonds

5. Eat smaller meals

After a gallbladder removal surgery, you will notice that your body is not able to digest too much food at a time. So you must stick to smaller portions at a time. So, instead of three huge meals stick to four smaller meals.

6. Stay Hydrated

When you have diarrhoea after gallbladder removal, you need to think about hydration. Diarrhoea can drain your body of fluids, vitamins and minerals. Stay hydrated by drinking plenty of water or vitamin- and mineral-enhanced beverages. Sports drinks containing sodium, chloride and potassium are a good option when you have diarrhoea. Avoid alcohol and drinks with caffeine, such as coffee, tea, and soft drinks.

Diet Chart for Gallbladder Stone Patient

Sunday	
Breakfast (8:00-8:30AM)	Utthappam 2+ 1 tbs green chutney.
Mid-Meal (11:00-11:30AM)	1 cup boiled channa
Lunch (2:00-2:30PM)	1 cup rice+ Soya chunk curry 1/2 cup+ Ladies finger subji 1/2 cup+ small cup low fat curd.
Evening (4:00-4:30PM)	1 Portion fruit (Include different coloured fruits. Don't stick with particular one.)
Dinner (8:00-8:30PM)	Broken wheat upma 1 cup+ 1/2 cup green beans subji
Monday	
Breakfast (8:00-8:30AM)	Mix veg Poha 1 cup+ 1/2 cup low fat milk.
Mid-Meal (11:00-11:30AM)	1 Portion fruit (Include different coloured fruits. Don't stick with particular one.)
Lunch (2:00-2:30PM)	3 Chapatti+ 1/2 cup cluster beans subji+ Fish curry(100g fish) 1/2 cup.
Evening (4:00-4:30PM)	1 cup coffee + 2 biscuits (Nutrigo or Digestiva or Oatmeal.)
Dinner (8:00-8:30PM)	2 Roti / chapatti + Ridge gourd subji 1/2 cup.

Tuesday

Breakfast (8:00-8:30AM)	Vegetable Oats Upma 1 cup+ 1/2 cup low fat milk.
Mid-Meal (11:00-11:30AM)	Plain low fat Yoghurt with raw vegetables / grilled vegetables -1 cup
Lunch (2:00-2:30PM)	1/2 cup rice + 2 medium chappati+1/2 cup Kidney beans curry+ Snake gourd subji 1/2 cup.
Evening (4:00-4:30PM)	1 cup boiled channa+ light coffee 1 cup.
Dinner (8:00-8:30PM)	2 Roti/ chapathi+ 1/2 cup mix veg curry

Wednesday

Breakfast (8:00-8:30AM)	2 Slice brown. +1 slice low fat cheese+1Boiled egg white+ 1/2 cup low fat milk.
Mid-Meal (11:00-11:30AM)	1 Portion fruit (Include different coloured fruits. Don't stick with particular one.)
Lunch (2:00-2:30PM)	Veg pulao rice 1 cup+ 1/2 cup Soya Chunk curry+ 1/2 cup Low fat curd.
Evening (4:00-4:30PM)	1 cup light coffee + 2 wheat rusk.
Dinner (8:00-8:30PM)	2 roti/ Chapathi+ Ladies finger subji 1/2 cup.

Thursday

Breakfast (8:00-8:30AM)	4 Idli + Sambar 1/2 cup/ 1 table spoon Green chutney/ Tomato Chutney
Mid-Meal (11:00-11:30AM)	Green gram sprouts 1 cup
Lunch (2:00-2:30PM)	3 Roti+1/2 cup salad + Fish curry (100 gm fish) + 1/2 cup cabbage subji.
Evening (4:00-4:30PM)	1 Portion fruit (Include different coloured fruits. Don't stick with particular one.)
Dinner (8:00-8:30PM)	2 Roti / chapatti. + Tomato subji 1/2 cup.

Friday

Breakfast (8:00-8:30AM)	Chapatti 3 + 1/2 cup potato masala
Mid-Meal (11:00-11:30AM)	1/2 cup boiled black channa
Lunch (2:00-2:30PM)	1 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup+ 1/2 cup low fat curd.
Evening (4:00-4:30PM)	1 Portion fruit (Include different coloured fruits. Don't stick with particular one.)
Dinner (8:00-8:30PM)	Broken wheat upma 1 cup+ 1/2 cup green beans subji

Saturday

Breakfast (8:00-8:30AM)	Methi Paratha 2+ 1 tbs green chutney.
Mid-Meal (11:00-11:30AM)	plain Yoghurt with raw vegetables / grilled vegetables -1 cup
Lunch (2:00-2:30PM)	1 cup rice+ chicken curry (200 gm chicken + 1 cup cucumber salad.)
Evening (4:00-4:30PM)	1 Cup light coffee+ Brown rice flakes poha 1 cup.
Dinner (8:00-8:30PM)	Wheat dosa 3 + 1/2 cup Bitter gourd subji.

Do's and Don'ts Diet Plan of Gallstone

Do's:

1. Drink sufficient water/juices to excrete more than 2 litres of urine per day.
2. Reduce consumption of protein food to a judicious level, as a diet high in protein (e.g., meat fish, pulses, nuts, and eggs) may lead to kidney stones.
3. Decrease the consumption of sugar (e.g., sucrose) as sugar also promotes stone formation.
4. Consume adequate amount of calcium every day. You can eat with gallstones issues to get enough calcium from food items like milk (120mg/100g), yogurt (120 mg/100g) and cheese (700mg/100g) reducing calcium intake may not decrease the risk of stone formation but can lead to osteopenia.

5. Daily consume raw fruits such as melons, papaya, grapes, bananas, etc. in large quantity as they provide water-soluble fibre.
6. Be active and exercise regularly to lose your weight, which may be helpful to flush out better and maintain healthy functioning kidneys.

Don'ts:

1. Avoid drinking a lot of coffee/tea and alcoholic beverages.
2. Avoid too much drinking of carbonated drinks, sports drinks, and sodas, etc.
3. Avoid highly salted (e.g., canned food, ready to eat food snacks, etc.) or sugared foods if you are suffering from gallstone problem. High salt intake increases the level of calcium in the urine and hence increases the risk of stone formation. This risk increases with the combination of high salt and high protein foods.
4. Avoid oxalate containing foods including nuts, black tea, soya and chocolates.

Food Items You Can Easily Consume in Gallstone Problem

1. Cereals: Brown rice, Oat meal, Broken wheat, Ragi, Quinoa.
2. Pulses: Chickpeas, Kidney beans, moong dal, masoor dal, soybeans.
3. Vegetables: All gourds-bitter gourd, snake gourd, ridge gourd, bottle gourd, ivy gourd, ladies finger, green leafy vegetables.
4. Fruits: Custard Apple, Pears, Grape and Watermelon, Oranges and Apple.
5. Milk and Milk products: Skim milk, Paneer, Cottage Cheese, Yoghurt.
6. Meat, Fish and Egg: Lean Meat, skin out chicken, Tuna, Salmon.
7. Oil: 5 Tsp/ day(Olive oil, gingelly Oil, Rice bran Oil)
8. Sugar: 1 Tsp/ day.

