

Nutrition Recommendations for Gallbladder Disease with Weight Loss

Practical guidance for managing symptoms while supporting weight and muscle maintenance

Gallbladder disease can make eating uncomfortable, especially when higher-fat meals trigger pain, nausea or bloating. At the same time, appetite changes can lead to unintended weight loss and muscle loss. This guide brings together practical, low-fat strategies to help manage symptoms while still meeting your energy and protein needs.

Nutrition Goals

- Reduce gallbladder symptoms by limiting high-fat meals.
- Prevent further weight loss and preserve muscle mass.
- Increase energy and protein intake using low-fat meal fortification.
- Eat regularly throughout the day to meet nutritional requirements.

Dietary Recommendations

✓ Eat small, frequent meals

Instead of three large meals, aim for:

- 3 small meals
- 2–3 nutritious snacks daily

Large meals, particularly those high in fat, can trigger gallbladder contractions and worsen symptoms.

✓ Choose lean protein at every meal

Protein helps maintain muscle mass and supports recovery.

Choose:

- Skinless chicken or turkey
- Fish
- Eggs (if tolerated)
- Tofu
- Lean mince
- Reduced-fat dairy
- Legumes (if well tolerated)

★ **Aim for 20–30 g protein at each main meal.**

✓ Choose lower-fat cooking methods

- Steam
- Boil
- Bake
- Grill
- Air fry (minimal oil)

Avoid

- Deep frying
- Creamy sauces
- Heavy gravies

✓ Include carbohydrates with each meal

Carbohydrates provide energy and help prevent weight loss.

Examples:

- Rice
- Pasta
- Noodles
- Bread
- Oats
- Potatoes (prepared without excess butter or cream)
- Breakfast cereals

High-Energy, Low-Fat Fortification

Instead of increasing fat, increase calories by adding:

Skim milk powder

- Add to milk, yoghurt
- Porridge
- Mashed vegetables
- Soups/stew
- Curry, pasta

Protein fortification

- Reduced-fat Greek yoghurt
- Cottage cheese
- Ricotta
- Egg whites



Additional Nutrition Tips

- Eat slowly and chew food thoroughly.
- Avoid skipping meals.
- Introduce healthy unsaturated fats (e.g. olive oil, avocado, nuts) only in small amounts if tolerated and when symptoms are stable.
- If appetite is poor, have nourishing snacks or drinks every 2–3 hours rather than trying to eat large meals.



Practical Tips for Reducing Fat Intake

- Avoid processed convenience foods and takeaways and make more meals from scratch. If buying ready meals, choose the 'low fat' or 'healthy' options.
- Check food labels and look for options containing 3g of fat per 100g or less per portion, and avoid those with a 'red' colour coding for fat content on the label.
- Swap dairy foods such as milk, cheese and yoghurt for low fat versions.
- Cut off visible white fat off meat and remove skin from chicken. Choose leaner cuts of meat.
- Use healthier cooking methods such as grilling, boiling, steaming and poaching rather than roasting and frying.
- Swap from saturated fats such as butter or lard, to vegetable or olive oils and spreads.
- Swap mayonnaise and creamy or cheese dressings and sauces for low fat dressings, vinaigrettes, and tomato based sauces.