



A diet often used by patients with gallstones but is also useful for anyone hoping to lose weight and help live a healthy lifestyle.

For the most part fried foods are to be avoided. Other methods of cooking such as boiling, grilling, poaching and roasting (with minimal amounts of light vegetable oil where appropriate) are best.

Avoid completely or reduce

Fats and Oils

Butter, margarine, lard, suet, cooking oils including olive oil, sunflower oil, vegetable oil

Dairy

Full cream or Jersey, evaporated and condensed milk
Full fat cheese, such as Cheddar and Stilton
Full fat soft cheese
Cream and full fat yogurt

Meat and Fish

Fatty and processed meat (sausages, corned beef, beef-burgers, meat pies, and tinned meat)
Oily fish (mackerel, sardines, kippers, tuna in oil)

Biscuits and Cakes

Digestives, cream and chocolate biscuits
Cream cakes, Danish pastries, cakes with marzipan and sponges
Snacks

Crisps, nuts, seeds

Confectionery

Chocolate, toffee, fudge, coconut

Desserts

Fruit pies and crumbles
Milk puddings
Ice-cream and Gateaux

Miscellaneous

Creamy dips, hummus, avocado, cream soups
Pastries
Oil-based salad dressings and mayonnaise
Cream and cheese sauces

Eat instead

Fats and Oils

Low fat spreads (Flora Light, Bertolli Light, half fat butters)

Dairy

Semi skimmed or fully skimmed milk.

Low fat cheese (cottage cheese, Edam, half fat hard cheeses)

Low fat soft cheese (Dairy Lea Light, Laughing Cow Light, Philadelphia Light)

Low fat yogurt

Meat and Fish

Red meat (if all visible fat is removed)

Chicken and turkey (remove skin)

White fish (cod, haddock, plaice, tuna in brine, shellfish, salmon)

Biscuits and Cakes

Crispbread, rice cakes, Rich Tea, Garibaldi

Low fat biscuits or cakes

Meringues, scones, teacakes, crumpets

Snacks

Low-fat crisps, Skips, French Fries, Quavers, breadsticks, Twiglets

Fruit (fresh, tinned and dried)

Confectionery

Boiled fruit sweets, mints,

Marshmallows, liquorice, Turkish

Delight

Desserts

Low fat yogurts, sorbet, jelly, fruit

Low fat ice-cream

Low fat milk puddings

Miscellaneous

Low fat salad dressing, salsa dips.

Tomato based or low fat cooking sauces. Sauces made with corn-flour and low-fat milk and/or low fat cheese.