Diet After Gall Bladder Surgery

After gallbladder surgery, your body needs time to adjust. Your liver still makes bile to help digest fat. Without a gallbladder to store bile, the bile flows right into your intestines. This can cause short-term stomach or bowel changes for some people.

Each person heals in their own way. What works for one person may not work for another. Pay attention to how your body responds to different foods and adjust your diet as needed.

Diet

For the first 2 weeks:

- Focus on low-fat, with a slow increase in fiber
- **Avoid** heavy meats, bread with seeds or nuts, and carbonated beverages initially
- Have small, frequent meals (5-6 small meals instead of 3 large ones)

Lean Proteins

- Skinless chicken or turkey
- Fish
  - White fish,
  - Salmon
  - Tuna
  - Shellfish
- Eggs (prepared without added fat, like butter)
- Legumes and beans
- Low fat or fat free Greek yogurt

Whole Grains and High-Fiber Foods

- Oatmeal
- Brown rice
- Whole grain bread and pasta
- Quinoa

Fruits and Vegetables

- Fresh fruits
- Cooked or raw vegetables
- Leafy greens

Healthy Fats (in small amounts)

- Olive oil
- Avocado
- Nuts

Foods to Limit or Avoid

You should limit or **avoid** high-fat foods such as:

- Fried foods
- Fatty cuts of meat
  - Bacon
  - Sausage
  - Beef
- Full-fat dairy products
  - Whole milk
  - Cream
  - Butter
- Processed meats
- Fast food
- Rich desserts and pastries
- Creamy sauces and gravies

Returning to Normal Diet

Most people can slowly return to a normal diet within a few weeks to months after surgery. However, maintaining a healthy eating pattern is important:

- Keep eating whole grains, vegetables, fruits, and fish
- Keep fat intake moderate (not extremely low, but **avoid** high-fat meals)
- Maintain a healthy weight

When to Call

Call your provider if you have:

- Severe or persistent diarrhea
- Severe abdominal pain
- Fever or chills
- Yellowing of skin or eyes
- Nausea/vomiting
- Symptoms that affect your day to day routine

Remember, everyone's recovery is different. What works for one person may not work for another. Listen to your body and adjust your diet accordingly

When to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8528