

Gout (Low Purine) Diet

High levels of uric acid can cause gout. High purine foods in a diet can increase uric acid levels in the body.

Drink 2 to 3 liters of fluid daily. Adequate fluid intake helps dilute urinary uric acid.

Consume a moderate amount of protein. Limit meat, fish and poultry to 4-6 oz per day. Limit fat intake by choosing leaner meats, foods prepared with less oil and low fat dairy products.

Maintain a healthy body weight. Obesity can result in increased uric acid production by the body.

AVOID:

- Alcohol, especially beer. Limit alcohol consumption to 1 drink 3 times a week.
- Sweetbreads
- Anchovies
- Sardines
- Liver
- Beef kidneys
- Brains
- Herring
- Mackerel
- Scallops
- Game meats
- Gravy

USE IN MODERATION:

- Vegetables: asparagus, cauliflower, spinach, mushrooms and green peas
- Lentils, dried peas and beans
- Beef, pork, poultry, fish and seafood
- Oatmeal, wheat bran and wheat germ