

Eating With Gout

What is gout?

Gout is a form of arthritis that causes severe pain, redness and swelling in your joints.

What causes gout?

Gout is caused by high levels of uric acid in your blood. Uric acid increases when:

- Your body makes it in high amounts
- Your body has difficulty breaking down or getting rid of uric acid
- You eat large servings of meat/fish/poultry which are high in purines and break down to uric acid in your body. Eating vegetables high in purines does not increase your risk of gout

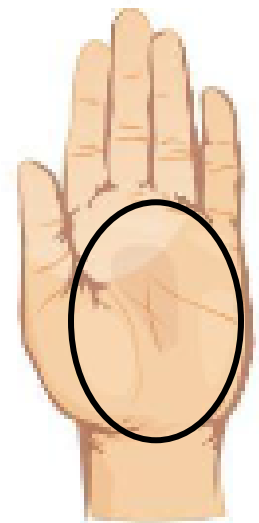
How is gout treated?

Medications are often given by your doctor to treat and help prevent further attacks of gout. The medications can help lower uric acid produced by your body or help your body get rid of uric acid. Making healthy lifestyle changes suggested below can also help reduce your risk of having more gout attacks.

Healthy Lifestyle Recommendations

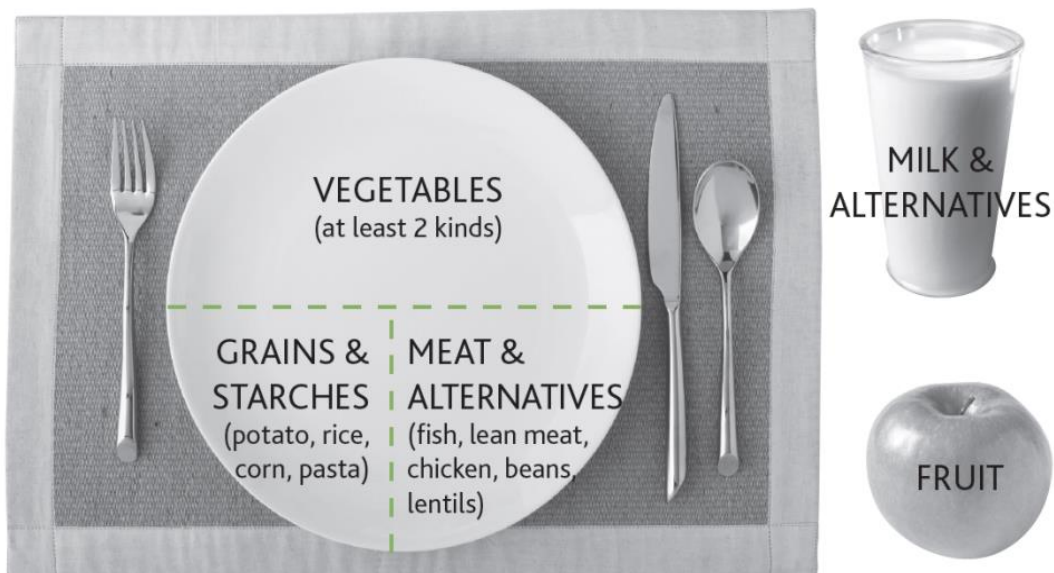
1. Limit foods high in purines

- Avoid organ meats such as liver, kidney, brain or sweetbreads
- Limit meat based broths and gravies
- Portions of meat-beef, pork and lamb, fish, shellfish and poultry should be limited to Canada's Food Guide recommendations, maximum 2 servings of 2 ½ to 3 oz. or 75 to 90 gram portions. One portion is the size of a deck of cards or palm of your hand
- Choose some vegetable sources of protein (bean, legumes, chickpeas, lentils, nuts and seeds)



2. Gradual weight loss if you are overweight

- You should aim to lose no more than 1 lb or 0.5 kg per week as rapid weight loss increases uric acid levels
- Start exercising daily
- Follow a healthy meal plan based on Canada's Food Guide:
 - Cook at home more often
 - Add vegetables and fruit to each meal
 - Choose low fat foods and limit added fats
 - Avoid fried foods
 - Choose fresh foods more often than processed foods
 - Drink water instead of sweetened beverages when thirsty
- Eat smaller, more frequent meals. Follow the balanced plate model below



3. Limit alcohol intake

- Alcohol will increase your uric acid levels
- More than 1-2 drinks in 24 hours will increase your risk of a gout attack
- Avoid all alcohol during an acute attack of gout or if you have advanced gout under poor control
- Includes all alcohol especially beer, but also wine and spirits

4. Avoid sugar sweetened beverages and foods

- Limit pop and other sweetened beverages, table sugar, candy, sweet bakery items such as cakes and other sweetened foods
- Choose fresh fruit and limit all fruit juice including naturally sweetened
- Check the ingredient list for added sugar such as: white/brown sugar, corn/rice syrup, corn syrup solids, sucrose, dextrose, fructose, cane sugar, molasses



5. Eat more vegetables and low fat or non- fat dairy products

- These are linked to lowering uric acid levels
- You can include 2-3 servings of low fat milk or alternatives per day
- Aim for at least 2 cups of vegetables per day
- Higher purine fruits and vegetables do not increase your risk of gout

6. Drink at least 2 litres or 8 cups of fluid per day

- Keeping enough fluid in your body helps lower your risk of uric acid crystals forming in your joints
- Use water for at least half of your fluid intake
- Increase the amount you drink when you sweat, this may include: in hot weather, hot work conditions or during exercise

Sample Menu

Breakfast

- 1 Shredded wheat biscuit (a whole grain, unsweetened cereal)
- 1 slice whole wheat toast with 1 TBSP peanut butter
- 8 oz skim milk
- ½ cup berries
- 8 oz coffee

Snack

- 10-12 cherries
- 8 oz water

Lunch

- 2 oz roasted chicken on whole wheat bun with low fat mayonnaise
- Garden salad with oil and vinegar dressing
- ¾ cup skim or 1% unsweetened yoghurt
- 1 peach
- 8 oz coffee or tea
- 8 oz water

Snack

- 1 cup raw vegetables and 1-2 TBSP low fat ranch dip
- 8 oz water

Supper

- 3 oz pork tenderloin
- ½ cup or 1 cup brown rice
- 1 ½ cups mixed vegetables- broccoli, carrots, peppers, onions
- 8 oz skim milk
- 8oz water

Evening

- 8 oz water

Your Nutrition Goals:

1. _____
2. _____
3. _____

Comments:

Registered Dietitian: _____

905-378-4647 ext. _____

References:

PEN Nutrition-knowledge pathway-Dietitians of Canada
Healthline: nutrition guidelines for gout friendly eating
Up-to-date-gout beyond the basics