

## Purine Restricted Diet (Diet for Gout)



Having gout can be painful. This condition can be caused by high levels of uric acid. The excess uric acid builds up in the bloodstream in the small joints or soft tissues, and causes symptoms that feel like arthritis.

Your body produces about 85% of uric acid in the blood stream. Some people need to take medication to reduce the amount of uric acid the body makes. Medication may also be needed to help your body to get rid of extra uric acid.

Some foods in the diet contain purine, and too much purine in the diet can also increase uric acid levels. Trying to follow a low purine diet can help relieve some of the symptoms of gout. A low protein diet is recommended for individuals with gout since most protein foods contain large amounts of purine. Some people can also benefit from a low fat diet because too much fat in the diet tends to decrease the amount of uric acid your body can get rid of.

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**Name:**

**Dietitian:**

**Phone number:**

**Date:**

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# General Guidelines

## When you are having an attack:

- Drink two or three litres (8-12 cups) of fluid daily, at least half should come from water.
- Restrict alcohol consumption or don't drink alcohol. Alcohol can result in a build up of uric acid in the body. If you choose to drink, do not drink more than one 4 ounce drink 3 times per week.
- Follow a low purine diet (see chart). Avoid foods on the 'high purine' list. Eat foods on the 'moderate purine' list occasionally. Eat foods on the low purine list daily.
- Eat only moderate amounts of protein (no more than 4-6 ounces per day). Eat less meat, fish and poultry. Other good protein sources are tofu and low fat milk products, low fat peanut butter and eggs.
- Emphasize whole grains.
- Limit the fats in your diet by choosing lean meats, fish, skinless poultry and low fat milk products. Avoid deep fried foods and high fat desserts, and limit added fats like butter, margarine, oils, and salad dressing to 3-6 teaspoons per day.

## Between flare ups or chronic gout:

- Continue to drink at least 8 cups of fluid.
- Continue to limit alcohol consumption.
- Continue to use caution with foods on the high purine list.
- Maintain a healthy weight. Try to lose weight if you need to, but weight loss needs to be slow (no more than 1-2 pounds a week). Trying to lose weight too quickly can cause an attack of gout. Low carbohydrate diets are not appropriate to follow since most of these "diets" have too much protein and fat and this can make gout worse.



## Purine Restricted Diet (Diet for Gout)

Food groups	Recommended (LOW PURINE FOODS)	Allowed in moderate amounts (MODERATE PURINE FOODS)	Avoid (HIGH PURINE FOODS)
<b>Grain Products</b>  <i>Limit high fat foods like muffins, donuts, sweet rolls, breads made with nuts, seeds or coconut</i>	Breads and cereals Rice Barley Pasta	Limit to 2/3 cup daily: oatmeal  Limit to ¼ cup daily: Wheat bran Wheat germ	
<b>Vegetables</b>	All, except those to use in moderation.	Limit to ½ cup serving daily: Mushrooms Green peas Spinach Asparagus Cauliflower	
<b>Fruits</b>	All fruits Fruit juices Avocado in limited quantities		
<b>Milk and milk products</b>	All (choose low fat most often)		
<b>Meat and alternatives</b>  <i>Choose lean meat, poultry without the skin and fish. Cook without the added fat.</i>	Eggs Tofu Low fat peanut butter	Limit of 1-2 servings daily: 2 -3 ounces of: Lean beef; lamb; veal; pork or ham; poultry Fish and shellfish (crab, lobster, oysters and shrimp)  1 cup cooked: Kidney beans; dried peas, beans and lentils	All organ meats including: Liver; kidney; heart; brains; sweetbreads Bacon Game meat (venison); goose Anchovies; sardines; mackerel; herring; scallops; mussels
<b>Miscellaneous</b>	Low fat cream soups (and allowed vegetables)  Vegetable broth based soups  Iodized salt; herbs and spices; soft drinks; tea; coffee; olives; pickles; relishes; vinegar  Low fat snack foods (pretzels, popcorn)  All fats (butter, margarine, oils, dressings) are allowed in moderation	Soup made with beef stock  Chicken soup	Meat extracts (Oxo, Bovril)  Yeast taken as supplements  Meat gravies