

NUTRITION KEYNOTES

Dietary Guidelines for Gout (Low-Purine Diet)



Goal: To decrease the symptoms of gout.

Avoid High-Purine Protein Foods

- Avoid sweetbreads, liver, kidney, brains, bacon, wild game, meat extracts, meat broth, gravy, anchovies, sardines, herring, mussels, tuna, codfish, trout, haddock, mackerel, and scallops.

Limit These Foods

- Limit the amount of beef, pork, lamb, poultry, or fish you eat each day to 4 to 6 ounces.
- Limit whole-fat dairy, fried foods, and other high-fat foods, such as pastries, desserts, butter, margarine, oil, mayonnaise, salad dressing, sour cream, avocados, coffee creamer, nuts, and seeds. Try the low-fat or fat-free substitutes for most of these foods.
- Limit oatmeal.
- Limit sugar, high fructose corn syrup, concentrated sweets, sugary soft drinks, and fruit juice.

Eat More Low-Purine Foods

Choose low-fat and fat-free dairy products, vegetables, fruits, whole-grain breads and cereals, brown rice, pasta, eggs, beans, peas, lentils, nuts, nut butters, coffee, tea, and diet sodas.

Increase Liquids

Drink 8 to 12 cups of liquids (preferably water) daily to prevent uric acid crystals or kidney stones from forming.

Additional Guidelines

- Having 2 to 3 servings of low-fat or fat-free milk or yogurt a day can prevent gout attacks.
- Weight loss may help decrease gout attacks. Be careful not to lose weight too quickly, as this may cause breakdown of body protein and ketone production, which can increase uric acid. Limit weight loss to 1 to 2 pounds a week or 6 pounds a month.
- Eat at least three meals a day. Do not fast or skip meals (except as needed for medical tests).
- Avoid large, heavy meals, especially late in the evening.
- Avoid alcohol, especially beer. However, wine (two 4-ounce glasses a day) does not appear to increase gout attacks.

For more information, please contact your registered dietitian or local Health Education Department.

Sample Menu

Breakfast

- Bran cereal with fat-free milk and a handful of nuts
- Fruit
- Coffee or tea
- Water

Lunch

- Lentil soup
- Salad
- Fruit
- Water

Dinner

- 3 ounces of chicken
- Yam
- Spinach
- Salad
- Water

Snack

- Fat-free Greek yogurt
- Fresh fruit