



LOW PURINE DIET FOR PATIENTS WITH GOUT

Gout is a medical condition usually characterized by recurrent attacks of acute inflammatory arthritis. The attack usually causes a red, tender, hot, swollen joint. The metatarsal-phalangeal joint at the base of the big toe is the most commonly affected area, accounting for half of all cases. It is caused by uric acid in the blood which crystallize and are deposited in joints, tendons, and surrounding tissues. In most cases the attack occurs at night, as the body cools, causing the uric acid to precipitate out of the joint into the surrounding tissue. Gout affects about 1-2% of the Western population at some point in their lives. Gout was historically known as “rich man’s disease” due to the rich diet of upper class at the time.

Gout can occur for number of reasons including genetic, under excretion of urate crystals in the kidney, and high purine diet. When dietary causes are seen, there is several diet modifications that can undertaken to help combat the painful symptoms of Gout, and prevent reoccurrence. The following is a list of high purine (bad for gout) and low purine foods (good for gout).

Do Not Eat These (high purine foods)

Anchovies
Asparagus
Beans
Bouillon
Broth
Caviar
Consomme
Goose
Gravy
Heart
Herring
Kidney
Lentils
Liver
Fish (greater than 2-3oz)
Poultry (greater than 2-3oz)
Shellfish
Meat Extracts
Mincemeat
Mussels
Partridge
Sardines
Scallops
Mushrooms
Peas
Spinach
Red Meat (greater than 2-3oz)

You May Eat Theses (low purine foods)

Bread
Butter or Margarine
Cake and Cookies
Carbonated Beverages
Cereal
Cheese
Coffee
Cornbread
Custard
Eggs (1 or 2)
Fats
Fruit (limit of 1 citrus per day)
Herbs
Ice Cream
Jello
Milk
Noodles
Oil
Pasta
Pickles
Popcorn
Puddings
Relishes
Rice
Sugar
Tea
Vinegar