



The Gout Diet: What's In and What's Out

Purines are natural substances that are found in some foods and drinks. When you eat them, purines are broken down by your body into uric acid. Uric acid usually dissolves in your blood and passes through your kidneys into your urine. But, in people with gout, this goes wrong so uric acid builds up in the blood, forming crystals. Other foods and drinks can also influence the amount of uric acid in your blood, one example is fructose, a type of sugar. Overall, about 1/3 of your uric acid comes from your diet, so if you have gout it's important to try to avoid high-purine food and drink, along with taking any uric acid lowering medication prescribed by your doctor.

The table below contains some examples of gout-friendly foods and drinks, and also some that you should try to limit or avoid. Speak with your doctor before making any big changes to your diet to find out what might be right for you.

	Eat Low-purine foods and drinks	Avoid or limit High-purine foods and drinks
Meat	<ul style="list-style-type: none"> Up to 170 g per day • White chicken meat 	<ul style="list-style-type: none"> • Beef • Pork • Lamb • Offal • Meat-based gravies
Seafood	<ul style="list-style-type: none"> Up to 170 g per day • Salmon • Flounder • Sole • Catfish • Canned light tuna 	<ul style="list-style-type: none"> • Anchovies • Sardines • Roe (fish eggs) • Herring • Cod • Trout • Haddock • Shellfish, including shrimp, mussels, scallops and lobster
Vegetables	<ul style="list-style-type: none"> • Tomatoes • Potatoes • Celery • Squash • Peppers • Root vegetables, including yams, carrots, celeriac and beetroot 	<ul style="list-style-type: none"> • Spinach • Peas • Asparagus • Cauliflower • Mushrooms
Fruits	<ul style="list-style-type: none"> • Apples • Pears • Strawberries • Blueberries • Cherries • Peaches • Olives 	
Beverages	<ul style="list-style-type: none"> • Coffee • Tea • Water • 100% fruit juice 	<ul style="list-style-type: none"> • Alcoholic drinks • Fizzy drinks and juices with high fructose content
Dairy	<ul style="list-style-type: none"> • Cheese • Skimmed milk 	
Other	<ul style="list-style-type: none"> • Eggs • Tofu • Nut butters, such as peanut butter and almond butter • Whole-grain breads and cereals • Chocolate and cocoa • Brown rice • Quinoa • Pasta • Barley • Nuts and seeds 	<ul style="list-style-type: none"> • Dried beans • Lentils • Oats • Jarred sauces and condiments with high sugar content • Cereals and cereal bars that are high in sugar • Breads not made with whole grains

The information on this leaflet is not intended to diagnose medical conditions or to take the place of a qualified healthcare professional.

GOUT:WHAT TO EAT/WHAT NOT TO EAT

Foods NOT to Eat (Fatty and Purine-Rich Foods)

According to the American Medical Association, purine-containing foods to be avoided include:

- Beer, other alcoholic beverages.
- Anchovies, sardines in oil, fish roes, herring.
- Yeast.
- Organ meat (liver, kidneys, sweetbreads)
- Meat extracts, consommé, gravies.

Foods which are very high in purines include:

- hearts
- herring
- mussels
- yeast
- smelt
- sardines
- sweetbreads

Foods moderately high in purines include:

- anchovies
- grouse
- mutton
- veal
- bacon
- liver
- salmon
- turkey
- kidneys
- partridge
- trout
- goose
- haddock
- pheasant
- scallops

Other foods to avoid:

High fat foods such as cream sauces, fried foods and foods containing trans fat (partially hydrogenated vegetable oils)

Avoiding purine-rich foods is only one aspect of treatment, drink plenty of fluids/water, exercise and maintain a healthy body weight. Diets designed for quick or extreme weight loss will work against you though – they increase uric acid levels in the blood.

During a gout flare up AVOID ALL Extremely Acid Forming Foods:

Artificial sweeteners, Carbonated soft drinks & fizzy drinks , Cigarettes , Flour (white wheat), Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar, Beer, Brown sugar, Deer, Chocolate, Coffee ,Custard with white sugar, Jams, Jellies, Liquor, Pasta, Rabbit, Semolina, Table salt refined & iodized, Tea black, Turkey, Breads White / Wheat, White rice, vinegar.

Foods to Eat More Of!

According to the American Medical Association, a balanced diet for people with gout include foods:

- High in complex carbohydrates (whole grains, fruits, vegetables)
- Low in protein (15% of calories and sources should be fish (*but not seafood*), tofu, lean meats, poultry)
- No more than 30% of calories from fat (10% animal fat)

Foods which may be beneficial to people with gout include:

- Dark berries and especially cherries may contain chemicals that lower uric acid and reduce inflammation.
- Tofu which is made from soybeans may be a better choice than meats.
- Certain fatty acids found in certain fish such as salmon, flax or olive oil, or nuts may possess some anti-inflammatory benefits.
- Celery has been used over the centuries for arthritis, rheumatism, gout,

Choi's research team followed 47,150 men with no prior history of gout over a 12-year period. The

conclusion: during the 12 year period of assessment, 730 men were diagnosed with gout.

- Study participants who consumed the highest amount of meat were 40 percent more likely to have gout than those who ate the least amount of meat.
 - Study participants who ate the most seafood were 50 percent more likely to have gout.
- In this specific study, though, not all purine-rich foods were associated with an increased risk of gout.

There was no increased risk associated with a diet which included:

- peas
- beans
- mushrooms
- cauliflower
- spinach

Even though these foods are considered high in purines. Choi's team also found that **low-fat dairy products decrease the risk of gout** and overall protein intake had no effect. Ultimately, diets shown to be connected to gout are the same kinds of diet linked to cardiovascular disease.

- Obesity can be linked to high uric acid levels in the blood. People who are overweight should consult with their doctor to decide on a reasonable weight-loss program. **Fasting or severe dieting can actually raise uric acid levels and cause gout to worsen.**
- Consuming coffee in moderate amounts and tea is not a problem but alcohol can raise uric acid levels and provoke an episode of gout. Drinking at least 10-12 eight-ounce glasses of nonalcoholic fluids every day is recommended, especially for people with kidney stones, to help flush the uric acid crystals from the body.