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Diet Advice for the Patient with Gout

Purine Restriction

Too much purine is bad for the patient with gout and hence food high in purine should be taken in moderate quantities. It is generally recommended that food containing more than 150mg per 100gm should be avoided totally.

Foods Highest in Purine (150 to 825mg/100gm)

Anchovies	Heart
Sardines (295mg/100gm)	Meat Extracts (160-400mg/100gm)
Mackerel	Scallops
Brain	Mussels
Kidney (Beef 200mg/100gm)	Goose
Liver (Beef 233mg/100gm)	

Foods High in Purine (50 to 150mg/100gm)

Fish	Legumes, Bean, Lentils, Peas
Eel	Asparagus
Meat - Beef, Lamb, Pork, Veal	Cauliflower
Poultry - Chicken, Duck, Turkey	Mushrooms
Shellfish - Crab, Lobster, Oyster	Spinach
Meat Soup and Broth	Wheat Germ and Bran
Legumes, Bean, Lentils, Peas	

Foods Lowest in Purine (0-50mg/100gm)

Milk	Eggs
Nuts	Fats - Butter - Margarine
Pasta, Noodles	Ice Cream
Breads & Cereals except Whole Meal	
Cakes & Biscuits	
Cheese	
Chocolate	

Protein Restrictions

Daily Protein intake should not exceed 1 gm per kg of body weight. A simple guide is that the portion of meat should not exceed the size of 2-3 matchboxes at mealtime.

Fluid Intake

All patients should drink lots of water. This water is helpful in removing Uric Acid in the urine and helps prevent urinary stones. The volume of fluid taken per day should be at least 2 liters per day unless the patient has a weak kidney, heart or liver.

Alcoholic Beverages

Excessive amount of alcohol results in accumulation of Lactic Acid in the blood which inhibits the urinary excretion of Uric Acid. Patients should not take more than 1-2 standard drinks per week.

Weight Reduction

Obesity is often associated with gout and patients should be careful to keep within the "normal" weight range. Weight reduction should be gradual. Fasting or drastic dieting will cause a change in the Uric crystallization in the joint fluid and may precipitate acute attack of gout.