

Diet for Gout (Purine Restricted Diet)

Reason for the Diet:

To decrease the amount of uric acid in the blood, by the amount of foods eaten that are high in purine.

How Much and /or What to Eat:

Breakfast:
fruit or juice
cereal
eggs or substitute
toast
margarine
2% low fat milk
coffee

Lunch and Dinner (same):
meat or substitute
potato or substitute
vegetable
bread
margarine
dessert
2% low fat milk (at dinner only required)

Do not Eat or Drink These Foods:

- Beer, whiskey, wine, any alcoholic beverage unless approved by your doctor
- Meat broths, meat drippings, meat gravies
- Bacon, bacon fat, fat back, salt pork
- Liver, kidney, heart, brains, sweetbreads
- Anchovies, sardines, shrimp, mackerel
- Wild game (duck, goose, squirrel, rabbit, venison, or deer meat)
- Whole milk
- Dried beans and peas
- Yeast – Bakers or Brewers
- Bread made with yeast

Special Instructions:

-Make sure you drink plenty of water every day. Place a one or two quart container of water in the refrigerator and try to drink all of it by the end of each day. The amount of water you need to drink depends on your weight. A 150 pound person should drink about two quarts a day. This will help to lower the uric acid in the blood.

-Do not use whole grain breads and cereals more than two times a week.

-Eat more fresh fruits and vegetables and less meat.