

Gout Diet

Gout, a painful form of arthritis, has long been associated with diet, particularly over indulgence in meat, seafood and alcohol. Drug treatment is the most effective way to manage gout, but a low-purine diet is useful during an acute attack.

Purines are natural substances found in all of the body's cells and in virtually all foods. When cells die, the purines in their genetic material are broken down to form uric acid. Uric acid can accumulate and form crystals in joints which can cause pain. This is called gouty arthritis, or simply "gout."

A small number of foods contain concentrated amounts of purines. For the most part, these high-purine foods are also high-protein foods, and they include organ meats like kidney, fish like mackerel or herring, mussels, and also yeast. A low-fat, moderate protein diet is advised, along with drinking plenty of fluids. Alcohol is discouraged and tofu (bean curd) can be an alternative protein source over beef and poultry.

Foods highest in purine (150-825mg/100g):

- Anchovies
- Bouillon and broth
- Brains
- Game meats
- Gravies
- Heart, Liver, Kidneys
- Herring
- Mincemeat
- Sardines
- Scallops, Mussels
- Sweetbreads
- Yeast supplement

Foods high in purine (50-150 mg /100g)

- Asparagus
- Cauliflower
- Chicken soup
- Eel
- Fish (fresh and salt water)
- Legumes (beans, lentils and peas)
- Meat (beef, lamb, pork, veal)
- Mushrooms
- Oatmeal
- Poultry (chicken, duck, turkey)
- Shellfish, (crab, lobster, oysters)
- Spinach
- Wheat germ and bran
- Whole grain breads and cereals

Foods lowest in purine

- Coffee and tea
- Breads and cereals, not whole grain

Crackers
Cheese
Eggs and custard
Fats
Fish roe
Fruit and fruit juices
Gelatin
Milk and ice cream
Nuts
Sugars
Vegetables (except those listed above)
Vegetables and cream soups

More Information can be found at the *Links to Other Sites* page on our website and at the *Arthritis Foundation* www.arthritis.org.