

# DIET FOR GOUT PATIENTS

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## **(A) ENCOURAGED TO EAT MORE (GOOD FOODS) ✓ ✓ ✓**

1. Drink plenty of fluids, particularly water. Fluids can help remove uric acid from your body. Aim for eight to 16 8-ounce (237 milliliter) glasses a day.
2. Choose complex carbohydrates. Eat more whole grains and fruits and vegetables and fewer refined carbohydrates, such as white bread, cakes and candy.
3. Some people have found cherries or cherry juice or strawberries helpful. Some chemicals contained in dark berries may help reduce the inflammation and lower the uric acid.
4. Oily fish like salmon, or fatty acids in flax seed or olive oil or nuts may reduce inflammation too.
5. It has been suggested that using tofu (from soybeans) instead of meat could also be helpful.

## **(B) ALLOWED TO EAT (LOW PURINE FOODS) ✓**

1. Milk, Milk Products and Eggs
2. Refined Cereals and Cereal products, Cornflakes, White bread,
3. Pasta, Flour, Arrowroot, Sago, Tapioca, Cakes
4. Sugar, Sweets and Gelatin
5. Butter, Polyunsaturated Margarine and all other fats.
6. Fruits, Nuts and Peanut Butter
7. Lettuce, Tomatoes, Green vegetables (Except those listed below)
8. Cream soups made with low purine vegetables but without meat or
9. meat stock.
10. Water, Fruit juice, Cordials and Carbonated drinks.

## **(C) NOT ALLOWED TO EAT (HIGH PURINE FOODS) X X X**

1. Limit animal protein. Avoid or severely limit high-purine foods, including organ meats, such as liver, and herring, anchovies and mackerel. Red meat (beef, pork and lamb), fatty fish and seafood (tuna, shrimp, lobster and scallops) are associated with increased risk of gout. Because all animal protein contains purines, limit your intake to 4 to 6 ounces (113 to 170 grams) daily.
2. Animal Organs, Meat Extracts and Gravies
3. Limit or avoid alcohol. Alcohol interferes with the elimination of uric acid from your body. Drinking beer, in particular, has been linked to gout attacks.
4. Yeast and Yeast extracts.
5. High Fructose corn syrup sweetened sodas.
6. Limit or avoid sugar. Too many sweets can leave you with no room for plant-based proteins and low-fat or fat-free dairy products — the foods you need to avoid gout. Sugary foods also tend to be high in calories, so they make it easier to eat more than you're likely to burn off. Although there's debate about whether sugar has a direct effect on uric acid levels, sweets are definitely linked to overweight and obesity.
7. Mushrooms.

*Note : Above mentioned dietary advice is only in relation to gout. Suitable adjustments to be made in case of co-existent another medical problem like Diabetes, Hypertension, Hyper-Lipidaemia etc.*