

What is it?

A low purine diet means eating foods that do not have many purines in them. Purines are found in some foods. Uric acid comes from the breakdown of purines. The body does not use uric acid, so it is usually filtered by the kidneys and taken out in the urine. When uric acid builds up in the body, it can cause pain and swelling known as gout. It may also cause kidney stones. You may need to follow this low purine diet if you have these problems.

Care

Gout is often treated with medicines that help the body get rid of extra uric acid but eating the right foods can help limit the number of purines in your body. This will lessen the amount of uric acid in your body.

Eat a diet that has at least 50% of calories as carbohydrates. Do this by eating 6 to 10 servings of bread or starchy foods, and 5 fruits and vegetables each day.

Also, eat a low-fat diet to limit the amount your fat intake to 30% or less of your total calories. Ask your caregiver for information about following a low-fat diet.

Do NOT drink alcohol unless ok'd by your caregiver. Alcohol can cause gout to flare up.

Drink plenty of non-alcohol containing beverages. 8-12 cups per day.

Low Purine Foods and Beverages

Eat or drink the following things as often as you like while following an eating plan for staying at a good body weight. You may also eat any other foods that are not on the medium and high purine food lists.

- Breads and cereals: lower fiber, white flour, or refined grain types
- Coffee and tea
- Cream-style soups made with low-fat milk
- Eggs (limit to 3 to 4 per week)
- Fruits and juices
- Gelatin
- Fats and oils in small amounts
- Low-fat and fat-free cheeses
- Milk: skim or 1% (limit to 24 ounces per day)
- Nuts and peanut butter: limit if trying to lose weight
- Pasta and macaroni
- Soda pop
- Soups made without meat extract or broth
- Sugar, syrup, and other sweets in small amounts
- Vegetables

Medium Purine Foods

Eat only 1 serving per day of these items when your gout is under control. Avoid them when your gout is flaring up. A serving of meat, fish, or poultry is 2 to 3 ounces cooked. A serving of vegetables is ½ cup. A serving of liquids is 1 cup.

- Asparagus
- Beef, lamb, pork, and other red meats not on the high purine list
- Broth, consommé, and bouillon, or soups made with meat or poultry stock
- Cauliflower
- Dried beans, peas, lentils
- Fish and shellfish not on the high purine list above
- Fresh beans and peas
- Meat soups, broths, gravies
- Mushrooms
- Oats and oatmeal
- Poultry foods not on the high purine list
- Spinach
- Wheat germ and bran
- Wholegrain foods
- Yeast: all types

High Purine Foods

Avoid these foods all the time.

- Anchovies
- Broths, bouillons, and consommés
- Caviar or roe
- Game meats, like goose, duck, and partridge
- Gravies
- Some fishes, like herring and mackerel
- Meat extracts
- Minced meat
- Organ meats: brains, heart, kidney, liver, and sweetbreads
- Sardines
- Scallops and mussel
- Wild