

PURINE RESTRICTED DIET

Gout is characterized by arthritic pain and inflammation of the joints which occurs when abnormal levels of uric acid accumulate in the blood. A diet restricted in purines may help to relieve an acute attack of gout or prevent kidney stone formation. Therefore, foods high in purine and substances which are changed into uric acid in the body should be eliminated or avoided.

The following suggestions will limit your diet in high purine containing foods. Remember, it's not about what you can't eat but about what you can.

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk/Milk products (2 cup/day)	Skim or 1% low-fat milk	Whole or 2% milk
Vegetables (2 or more servings/day)	ALL Limit the following to 2x/week: mushrooms, peas, spinach, asparagus, cauliflower.	Dried legumes (chickpeas, lima beans, split peas, lentils, red kidney beans, pinto beans, black-eyed peas)
Fruits (2 or more servings/day)	All fruits and fruit juices	NONE
Starches (4 or more servings/day)	All enriched bread and cereal products Potatoes, rice, barley, noodles, pastas Limit the following to 2x/week: whole grain breads and cereals, wheat germ, bran, oatmeal. Limit use of higher fat foods such as pancakes, French toast, biscuits.	NONE

	FOODS ALLOWED	FOODS TO AVOID
Meat subs	eggs, peanut butter, nuts *cheese	NONE
Fats (limit to 3 tsp/day)	butter or margarine all fats and oils	meat gravies
Meats	Limit meats on this list to 4x/week: bluefish, crab, herring, oysters, salmon, shad, tuna, white fish, lobster, ham, chicken. Limit meats on this list to 2x/week: bacon, beef, chicken soup, meat soups, liver sausage, pork, turkey, veal, perch, cod.	sweetbread anchovies sardines liver beef kidneys brains meat extracts gravies shrimp mackerel
Soups	cream soups made with low-fat milk, vegetable bouillon or broth, consomme	meat bouillon or broth and consomme, soups made with meat stock base.
Sweets and Desserts	All, except those excluded Limit high-fat desserts such as pies, cakes, cookies, doughnuts, sweet rolls	Mincemeat, if made with meat.
Beverages	Carbonated, cocoa, coffee, fruit juices, tea limited alcohol	NONE
Miscellaneous	salt, herbs, spices	bakers and brewers yeast

*use low-fat cheese

- Use the following food lists to choose foods with a low-purine content. Remember, this may help relieve the pain and inflammation associated with gout.

MAY BE USED AS DESIRED. THESE FOODS CONTAIN LOW AMOUNTS OF PURINE.

Beverages	Cheeses*	cucumber,
Carbonated	Eggs	eggplant,
Chocolate	Fats (in moderation)	endive,
Cocoa	Fruits of all kinds	kohlrabi,
Coffee	Plain/flavored gelatin	lettuce, okra,
Fruit juices	Milk (low-fat/skim)	parsnips, white
Tea	*Nuts, *peanut butter	& sweet potato
Butter	Pies (except mincemeat)	pumpkin,
Bread (white,	Sugar and sweets	rutabagas,
crackers, corn)	Vegetables (artichokes,	sauerkraut,
Starches (corn,	beets, beet greens, broccoli,	string beans,
rice, tapioca,	brussels, sprouts, cabbage,	squash, tomato,
wheat, pasta)	carrots, celery, corn,	turnips.

USE ITEMS 4 TIMES/WEEK. CONTAIN MODERATE AMOUNTS (75 mg) PURINES.

Asparagus	Ham	Mutton	Shad
Bluefish	Herring	Navy beans	Spinach
Bouillon	Kidney beans	Oatmeal	Tripe
Cauliflower	Lima beans	Oysters	Tuna fish
Chicken	Lobster	Peas	White fish
Crab	Mushrooms	Salmon	

USE ITEMS 1x/WEEK. CONTAIN LARGE AMOUNTS (75-150 mg) PURINES.

Bacon	Goose	Pigeon	Squab
Beef	Halibut	Pike	Trout
Calf tongue	Lentils	Pork	Turkey
Carp	Liver sausage	Quail	Veal
Chicken soup	Meat soups	Rabbit	Venison
Codfish	Perch	Sheep	
Duck	Pheasant	Shellfish	

**AVOID THESE FOODS ENTIRELY. CONTAIN VERY LARGE AMOUNTS
PURINES.**

Sweetbreads	825 mg	Liver (calf, beef)	233 mg
Anchovies	363 mg	Kidneys	200 mg
Sardines	295 mg	Brains	195 mg
Meat extract	160-400 mg	Gravies	variable

***High in fat**

Remember these important things when you are following a purine-restricted diet:

- **Eliminate foods that contain 150 mg purine or more per serving (see food lists)**
- **Limit intake of protein. Do not exceed 3-4 oz of meat per meal. Significant protein should come from cheese, milk, breads and vegetables.**
- **Liberal carbohydrate intake (starch/breads)**
- **Avoid excessive fat intake.**
- **Maintain ideal weight. However, if you are overweight lose weight slowly, no more than 1-2 pounds per week.**
- **Reduce or eliminate alcohol consumption.**
- **Increase fluid intake to eliminate purines/uric acid in your urine (8-10 cups/day)**
- **Liberal use of fruits and vegetables.**