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GOUT AND YOUR DIET

Gout is known to be a form of arthritis which occurs in such areas of the body like your toes, feet and fingers. It is a very painful condition which results from the deposition of excess uric acid in the bloodstream. Needle-like crystals are deposited in the joints and cause redness, swelling, and excessive pain in those areas. The formation of uric acid crystals is normal, they are meant to be dissolved in the bloodstream. But when they are deposited in the joints due to excessive formation, gout is the primary painful condition observed. This also occurs when there is increased consumption of purine which is a type of protein found in many foods (especially non-vegetarian). Purine is broken down to uric acid crystals during metabolism in the body. The intake of purine rich foods, especially in cases of kidney patients, needs to be controlled to prevent gout. When there are some abnormalities in the functioning of the kidney, these uric acid crystals are not completely eliminated from the system. Thus a [gout diet menu](#) is advised.

Low Purine Diet Menu (Gout diet plan)

Also known as the [gout diet plan](#) or the [gout diet menu](#), this menu includes foods and recipe which are low in purine levels.

Foods to Avoid

Foods to avoid are usually sardines, mackerel, anchovies, organ meat (brain, kidney, liver, sweetbreads), gravies, yeast, meat extracts, herring, scallops. You should stay away from alcohols like beer as they are high in protein content. Stay away from caffeinated drinks. Diuretics (fluid pills) can also cause gout flares. Proteins are high in purine.

Foods to Eat Moderately

The foods like fresh and saltwater fish, shellfish, poultry, meat, meat soups and broth, mushrooms, cauliflower, asparagus, spinach, oatmeal, legumes, eggs, wheat germ, whole-grain breads and cereals should be eaten but in limited amounts. Since they too are rich in proteins, and though they are healthy, have to be eaten in controlled amounts.

Foods to Eat

With other foods like white flour and refined grain type breads and low-fiber cereals, peanut butter, nuts and vegetables are not high in purines, and there are no restrictions in the amount. You can also include soups like cream style or vegetable soups (without meat extract), fruit juices, gelatin, sugar and low fat cheeses in your gout diet. Strawberries and cherries are also a great choice for this diet as they help in reducing the inflammation caused by the gout. Eating salmon, flaxseed and olive oil are always considered a healthy option for a gout diet.

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<p>AVOID FOODS HIGHEST IN PURINE (150-825mg/100g)</p>	<p>Anchovies Kidney Gravies Liver Scallops Alcohol Caffeinated Sodas Brains Game Meats Herring Sardines Sweet Breads Coffee/tea</p>
<p>LIMIT FOODS HIGH IN PURINE (50-150mg/100g)</p>	<p>Asparagus Whole Grain Eel Legumes, beans, lentils, peas Meat (beef, lamb, pork, veal) Meat soups and broths Mushrooms Poultry (chicken, duck, turkey) Shellfish (crab, oyster, lobster) Spinach What germ/bran Oatmeal Fish (fresh/saltwater) Cauliflower Breads/Cereals</p>
<p>CONSUME FOODS LOWEST IN PURINE</p>	<p>Cheese Fats Eggs Fish Roe Gelatin Nuts Fruits/Fruit Juices Milk Nuts Sugars (syrups/sweets) Vegetables (except those listed above) Vegetable/Cream Soups Breads/Cereals (except whole grain)</p>