

Low Purine Diet- Gout Treatment

Purines: A type of nucleic acid that is one of the building blocks for DNA. When broken down, it produces a by-product, uric acid, which can build in the body leading to pain and swelling, also known as gout. Lowering the levels of uric acid with diet control can prevent acute gout attacks.

Target: A low purine diet is restricted to 100 to 150 milligrams of purines daily.

Foods low in Purines: <75 mg May be eaten as desired.

Breads and cereals: lower fiber, white flour or refined grain types	Fruits of all kinds
Starches: corn, rice, tapioca, wheat and pasta	Milk: skim or 1% (24 oz per day)
Eggs (3-4 per week)	Low-fat and fat-free cheeses
Gelatin	Pasta and Macaroni
Artichokes	Coffee, tea and carbonated beverages
Beets and turnips	Eggplant
Broccoli, brussels sprouts	White and sweet potato
Cabbage	Tomato
Cucumber	String beans

Foods Moderate in Purines: 75 mg Eat sparingly. No more than 2x per week.

Asparagus	Salmon	Ham
Cauliflower	Crab	Chicken
Mushrooms	Oysters	Bullion
Spinach	Lobster	Oatmeal
Bluefish	Kidney Beans	Whole Grain Cereals
Herring	Lima Beans	Whole Wheat
White fish	Navy Beans	Graham crackers and Rye bread
Tuna Fish	Peas	
Tripe	Mutton	

Foods High in Purines: 100- 1000 mg Avoid at all times.

High-fat breads= pancakes, French toast, biscuits, muffins and French Fries	Duck	Chickpeas and lentils
Meat Extracts= Chicken	Turkey	Brewer's and Baker's yeast
Soup, meat soups, mincemeat and gravies	Bacon	Ice cream, cakes, cookies, and pies
Beef	Tuna	Organ meats: brain, heart, kidney, liver and sweetbreads
Pork	Shrimp	Alcohol
Venison and veal	Lobsters and crabs	Avocados
Lamb	Scallops	
	Anchovies	
	Sardines	
	Mackerel	