



PURINE RESTRICTED DIET *Guidelines to Help Reduce Risk of Gout*

Patients with high uric acid levels in their blood (hyperuricemia) can benefit from reducing high-purine foods. This may help to prevent gout, or reduce risk of progressive gout and uric acid kidney stones

The top 10 foods and drinks that trigger gout are:

- **Sugary drinks and sweets.** Standard table sugar is half fructose, which breaks down into uric acid.
- **High fructose corn syrup.** This is a concentrated form of fructose. High fructose corn syrup is found in all kinds of packaged food products
- **Alcohol.** Alcoholic drinks are high in purines, and alcohol prevents the kidneys from eliminating uric acid, so it will accumulate.
- **Organ meats.** Including liver, tripe sweetbreads, brains and kidneys.
- **Game meats.** Specialties such as goose, veal and venison
- **Certain seafood.** Includes herring, scallops, mussels, codfish, tuna, trout and haddock.
- **Red meats.** Includes beef, lamb, pork and bacon.
- **Turkey.** This leaner meat is high in purines. Especially avoid processed deli turkey.
- **Gravy and meat sauces.**
- **Yeast and yeast extract.**

Best foods to eat when you have gout:

Studies suggest that certain foods and drinks may help reduce uric acid in your body.

- **Skim milk.** Early research suggests that drinking skim milk may help reduce uric acid and gout flare-ups. It speeds up the elimination of uric acid in the urine and also reduces your body's inflammatory response to uric acid crystals in your joints.
- **Cherries.** Scientists are currently researching the benefits of cherries and cherry juice for managing gout symptoms, and early results are promising. Cherries have known anti-inflammatory properties and may also reduce uric acid in your body.
- **Coffee.** You may have heard that coffee is acidic, but the type of acid in coffee is different from uric acid. Drinking coffee daily can reduce uric acid levels by slowing the breakdown of purine into uric acid and increase the rate of excretion.
- **Water.** Drinking five to eight glasses of water a day can reduce gout symptoms. Fluids help your kidneys excrete uric acid in your urine and protect kidney function.
- **Vary your protein sources.** Certain meats and seafood are higher in purines
- **Enjoy fruits and vegetables.** Most are low in purines and do not affect risk of gout or uric acid stones
- **Enjoy grains (except oats).** Rice, pasta and cereals are all gout-friendly (except oats). Beware of added high fructose corn syrup in packaged products