

# Gout and Nutrition

Christopher Theberge, RD

Gout is an arthritic condition characterized by sudden, severe attacks of painful inflammation around the joints. Gout occurs when there is a high level of uric acid in the blood causing urate crystals to deposit around the joints leading to stiffness and pain. It may also cause kidney stones. Uric acid is formed when natural substances known as purines are broken down in the body.

Gout is often treated with medications that help flush the system of uric acid, but following a low purine diet and increasing fluid intake will allow for the medications to work even better. Some basic principles:

- A diet containing at least 50% of calories from carbohydrates should be consumed. This is easily done by having 6 to 10 servings of starchy foods and up to 10 servings of fruits and vegetables per day.
- Dietary fat intake should be 30% or less of total caloric intake
- Aim for a healthy body weight since being overweight increases your chance for gout
- Alcohol should be avoided because it can exacerbate gout flare up.

<b>Low Purine Foods</b>	<b>Medium Purine Foods</b>	<b>High Purine Foods</b>
<b>OK. Eat as often as you like</b>	Only <b>1 serving/day</b> when gout is under control. Avoid during a flare up. A serving of beef, fish, or poultry is <b>2-3 oz cooked</b> . A serving of vegetables is <b>½ cup</b> and liquids is <b>1 cup</b> .	<b>Avoid All of the Time</b>
<b>Coffee and tea</b> <b>Breads/cereals</b> (white flour, low-fiber, refined) <b>Cream soups</b> made with low-fat milk <b>Eggs</b> (3 to 4 per week) <b>Fruits and juices</b> <b>Gelatin</b> <b>Fats and oils</b> (small amounts) <b>Cheese</b> (low-fat & fat-free) <b>Skim or 1% milk</b> (limit to 3 cups/day) <b>Nuts and peanut butter</b> <b>Pasta</b> <b>Soda</b> <b>Soups</b> without meat extract or broth <b>Sugar, syrup, and other sweets</b> in moderation	<b>Asparagus</b> <b>Beef, lamb, pork, and other meats</b> not on high purine list <b>Broth and bouillon soups</b> made with meat or poultry stock <b>Cauliflower</b> <b>Dried beans, peas, &amp; lentils</b> <b>Fish and shellfish</b> not on high purine list <b>Fresh beans and peas</b> <b>Meat soups, broths, gravies</b> <b>Mushrooms</b> <b>Oats and oatmeal</b> <b>Poultry</b> not on high purine list <b>Spinach</b> <b>Wheat germ and bran</b> <b>Whole grain foods</b> <b>Yeast: all types</b>	<b>Anchovies</b> <b>Beer</b> <b>Broths, boullions, and consommés</b> <b>Caviar and roe</b> <b>Game meats</b> like goose, duck, and partridge <b>Gravies</b> <b>Some fish</b> like herring and mackerel <b>Meat extracts</b> <b>Mincemeat</b> <b>Organ meats:</b> brains, heart, kidney, liver, sweetbreads <b>Sardines</b> <b>Scallops and mussels</b>