

**What is it?** A low purine diet means eating foods that do not have many purines in them. Purines are found in some foods. Uric acid comes from the breakdown of purines. The body does not use uric acid so it is usually filtered by the kidneys and taken out in the urine. When uric acid builds up in the body, it can cause pain and swelling known as gout. It may also cause kidney stones. You may need to follow this low purine diet if you have these problems.

**Care** Gout is often treated with medicines that help the body get rid of extra uric acid. But, eating the right foods can help limit the amount of purines in your body. This will lessen the amount of uric acid in your body.

Eat a diet that has at least 50% of calories as carbohydrates. Do this by eating 6 to 10 servings of bread or starchy foods, and 5 fruits and vegetables each day.

Also, eat a low fat diet to limit the amount your fat intake to 30% or less of your total calories. Ask your caregiver for information about following a low fat diet.

Do NOT drink alcohol unless OK'd by your caregiver. Alcohol can cause gout to flare up.

Drink plenty of non alcohol containing beverages. 8-12 cups per day.

**LOW PURINE FOODS AND BEVERAGES:** Eat or drink the following things as often as you like while following an eating plan for staying at a good body weight. You may also eat any other foods that are not on the medium and high purine food lists above.

Breads and cereals: lower fiber, white flour, or refined grain types

Coffee and tea

Cream-style soups made with low-fat milk

Eggs (limit to 3 to 4 per week)

Fruits and juices

Gelatin

Fats and oils in small amounts

Low-fat and fat-free cheeses

Milk: skim or 1% (limit to 24 ounces per day)

Nuts and peanut butter: limit if trying to lose weight

Pasta and macaroni

Soda pop

Soups made without meat extract or broth

Sugar, syrup, and other sweets in small amounts

Vegetables not on the lists above

**MEDIUM PURINE FOODS:** Eat only 1 serving per day of these items when your gout is under control. Avoid them when your gout is flaring up. A serving of meat, fish, or poultry is 2 to 3 ounces cooked. A serving of vegetables is 1/2 cup. A serving of liquids is 1 cup.

Asparagus

Beef, lamb, pork, and other red meats not on the high purine list above

Broth, consommé, and bouillon, or soups made with meat or poultry stock

Cauliflower

Dried beans, peas, lentils

Fish and shellfish not on the high purine list above

Fresh beans and peas

Meat soups, broths, gravies

Mushrooms

Oats and oatmeal

Poultry foods not on the high purine list above

Spinach

Wheat germ and bran

Whole grain foods

Yeast: all types

**HIGH PURINE FOODS:** Avoid these foods all of the time.

Anchovies

Broths, bouillons, and consommés

Caviar or roe

Game meats, like goose, duck, and partridge

Gravies

Some fishes, like herring and mackerel

Meat extracts

Mincemeat

Organ meats: brains, heart, kidney, liver, and sweetbreads

Sardines

Scallops and mussel

Wild

**Information source:** Handout from University of Pittsburgh Medical Center and previous MMC patient handout