

Purine-Restricted Diet for Gout

The following basic diet guidelines have been prepared by Registered Dietitians. If you have questions or concerns, please call the nearest Aurora Facility to contact a dietitian. Individualized diet counseling is available to address your specific needs.

Gout is a disease usually caused by too much uric acid in your body. Diet is generally used in combination with prescribed medications to treat gout.

What can you do to decrease uric acid in your body?

1. Choose nonfat and low fat foods most often.
2. Limit meat, poultry, and fish to 4 to 6 ounces per day.
3. Use little to no alcohol. Avoid beer. Do not use alcohol without your doctor's permission.
4. Drink plenty of fluids. Drinking 8 to 16 cups of fluid each day (at least half as water) helps prevent formation of uric acid kidney stones.
5. Choose low purine foods most often, as purine is a kind of uric acid. See the list below.

Food Group	Low	Moderate	High
Beverages	Water, juice, carbonated beverages, tea, coffee, cocoa		Beer, alcoholic beverages
Breads and Cereals	Breads, pasta, rice, cakes, cornbread, popcorn	Oatmeal (no more than 2/3 cup uncooked, daily), wheat bran, wheat germ (no more than 1/4 cup daily)	
Condiments	Salt, herbs, olives, pickles, relishes, vinegar		
Dairy	All dairy foods (low fat or nonfat types preferred)		
Fats and Oils	All types except gravies and sauces made with meat		Gravies and sauces made with meat
Fruits	All		
Proteins	Eggs, nuts, peanut butter	Meat and poultry; crab, lobster, shrimp and oysters (limit to 4 to 6 ounces per day); dried beans, peas, lentils (limit to 1 cup cooked daily)	Anchovies, sardines, herring, mussels, scallops, haddock, codfish, tuna and trout (remove fish skin); bacon; organ meats (liver, kidney); sweetbreads; tripe; wild game; goose
Soup	Made without meat	Meat or fish-based soups, broths, bouillons	
Vegetables	All except those moderate in purines	Limit to 1/2 cup daily: spinach, asparagus, cauliflower, green peas, mushrooms	
Other Foods	Sugar, sweets, gelatin		Yeast and yeast extracts taken as supplements

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.