

Gout: A Low-Purine Diet Makes a Difference

Gout occurs when high levels of uric acid in your blood cause crystals to form and build up around a joint. Your body produces uric acid when it breaks down purines. Purines occur naturally in your body, but you also get them from certain foods and drinks. By following a low-purine diet, you can help your body control the production of uric acid and lower your chances of having another gout attack.

Purines are found in many healthy foods and drinks. The purpose of a low-purine diet is to lower the amount of purine that you consume each day.

Avoid High-Purine Foods	Beer Organ meats (e.g., liver, kidneys), bacon, veal, venison Anchovies, sardines, herring, scallops, mackerel Gravy (purines leach out of the meat during cooking so gravy made from drippings has a higher concentration of purines)
Limit Moderate-Purine Foods	Chicken, beef, pork, duck, crab, lobster, oysters, shrimp : 4-6 oz daily Liquor: Limit alcohol intake. There is evidence that risk of gout attack is directly related to level of alcohol consumption

What Other Dietary Changes Can Help?

- Choose low-fat or fat-free dairy products. Studies show that low- or non-fat milk and yogurt help reduce the chances of having a gout attack.
- Drink plenty of fluids (especially water) which can help remove uric acid from your body. Avoid drinks sweetened with fructose such as soft drinks.
- Eat more non-meat proteins such as legumes, nuts, seeds and eggs.
- Eat more whole grains and fruits and vegetables and less refined carbohydrates, such as white bread and cakes.
- Limit or avoid sugar. Eating too many sweets will leave you with no room for plant-based proteins and low-fat or fat-free dairy products — the foods you need to avoid a gout attack.

Where Can I Get More Information?

- National Institute of Arthritis and Musculoskeletal and Skin Diseases
http://www.niams.nih.gov/Health_Info/Gout/default.asp
- MedlinePlus - Gout <http://www.nlm.nih.gov/medlineplus/gout.html>
US National Library of Medicine and National Institutes of Health
- Rheuminfo - <http://www.rheuminfo.com>

Sources: (1) Gout diet. MayoClinic. 2011. <http://www.mayoclinic.com/health/gout-diet/MY01137> ; (2) Low-purine diet. FamilyDoctor.org. <http://familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/weight-loss/low-purine-diet.html> (3) Gout: Changing your diet. Healthlink BC. 2010. <http://www.healthlinkbc.ca/kb/content/actionset/za1144.html> All accessed October, 2012.

