

Diet for Gout

Gout and kidney stones can be caused by high levels of uric acid. Most of the uric acid (85%) is made by the body. You may need to take medication to reduce the amount of uric acid the body makes, or to help the body to get rid of extra uric acid. Purines in the diet can also increase uric acid levels. By following these dietary guidelines you will lower the purines in your diet, which may lower the small portion (15%) of the uric acid in your blood that comes from foods or beverages.

GUIDELINES

When you are having an acute attack of gout:

1. Drink two or three litres (8 to 12 cups) of **fluid** daily, at least half as water.
2. Limit your intake of **alcohol** or do not drink alcohol. Alcohol can result in a build up of uric acid in the body. If you choose to drink, do not drink more than one drink three times per week. If you are unsure about the use of alcohol, discuss it with your doctor.
3. Look at the **Purine Content of Foods** chart on the back of this page.

Avoid foods on the **High Purine** List.

Use in moderation the foods on the **Moderate Purine** list.

Eat foods daily on the **Low Purine** list.

4. Eat only a moderate amount of protein. Good protein sources are tofu¹ and low fat milk products, with small amounts of peanut butter and eggs. Eat less meat, fish, and poultry (to a maximum of 4-6 ounces per day).
5. Emphasize high carbohydrate foods (breads, cereals, rice, pasta, vegetables and fruits).
6. Limit the fats in your diet by choosing lean meats, fish, skinless poultry, and low fat milk products. Don't eat deep fried foods and high fat desserts, and limit added fats like butter, margarine, oils, and salad dressings to 3-6 teaspoons per day.

GUIDELINES (cont'd)

Between flare ups or chronic gout:

In between flare ups (when you do not have symptoms of gout), or if you have chronic gout:

1. Continue to drink at least 8 cups of **fluid** daily, at least half as water.
2. Continue to limit **alcohol** intake. Discuss alcohol use with your doctor.
3. Follow a normal, nutritious diet, using **Canada's Food Guide** to plan meals. Continue to use caution with the foods on the **High Purine** list. Eat only a moderate amount of protein.
4. Maintain a desirable **body weight**. Being overweight can result in a build up of uric acid in the body. If you need to lose weight, reduce it gradually: 0.5-1.0 kg (1-2 pounds) per week. Rapid weight loss may cause an attack of gout. Follow a sensible, balanced diet to lose weight. Do not fast or follow a high protein diet to lose weight because these can make gout worse.

1 Yamakita J., et al. (1998). Effect of tofu (bean curd) ingestion and on uric acid metabolism in healthy and gouty subjects. *Adv Exp Med Biol*, 431, 839-42.

For more information, contact:

The Arthritis Society
Toll-free: 1-800-321-1433
Website: <http://www.arthritis.ca>

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.



PURINE CONTENT OF FOODS

FOOD GROUP	LOW PURINE (0-50 mg purines/100 g) ² <i>USE AS DESIRED</i>	MODERATE PURINE (50-150 mg purines/100 g) ² <i>USE IN MODERATION</i>	HIGH PURINE (150-825 mg purines/100 g) ² <i>AVOID</i>
Breads and Cereals	breads & cereals ² noodles ³ rice ³ cornbread ³	<i>Limit to 2/3 cup raw daily:</i> • oatmeal ² <i>Limit to 1/4 cup raw daily:</i> • wheat bran ² , wheat germ ²	
Fruit	All ² , including juices ^{2,3}		
Vegetables	Most vegetables ^{2,3}	<i>Limit to 1/2 cup serving daily²:</i> • asparagus, cauliflower, spinach, mushrooms, green peas	
Protein Foods <i>Choose lean meats, poultry without the skin, and fish. Cook without added fat.</i>	eggs ^{2,3} , nuts ^{2,3} peanut butter	<i>Limit of 1-2 servings daily²:</i> • meat, poultry ² (2-3 oz) • fish, shellfish ² (2-3 oz) • dried peas/beans/lentils ² (1 cup cooked)	liver ^{2,3} , kidney ^{2,3} , heart ² , brains ^{2,3} , sweetbreads ^{2,3} , game meats ³ , goose ³ , partridge ³ , anchovies ^{2,3} , sardines ^{2,3} , mackerel ^{2,3} , herring ^{2,3} , scallops ^{2,3} , mussels ³
Milk & Milk Products <i>Choose low fat products</i>	All ^{2,3}		
Fats & Oils <i>Limit use of fats & oils</i>	All (in moderation) ^{2,3}		Gravy ^{2,3}
Soup	vegetable soups made vegetable stocks ²	meat soups and broths ²	meat extracts ^{2,3} (e.g. Oxo®, Bovril®) yeast taken as a supplement ³
Other	sugar syrup, sweets ^{2,3} gelatin ^{2,3} soft drinks, tea coffee ³ cereal beverages (Postum) ³ chocolate, custard, pudding ³ white sauce ³ condiments, salt, herbs ³ olives, pickles, relishes ³ vinegar, popcorn ³		Mincement ³

2 Pennington, J. A. (1998). *Bowes & Church's food values of portions commonly used* (17th ed.). Philadelphia: Lippincott-Raven Publishers.

3 Mahan, L. K., & Escott-Stump, S. (Eds.). (2000). *Krause's food, nutrition and diet therapy* (10th ed.). Philadelphia: W.B. Saunders Company.

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