

Diet in Gout

The golden rules for having a low purine diet to avoid hyperuricemia which can cause gout.

1. **Meat** and Poultry
 - a. Avoid or have in moderation. You could have a limited quantity of approx 100 gm/d if gouty attacks are controlled or not very frequent
 - b. Red and organ meats are typically worse and should be avoided totally. Also Turkey.
2. **Fish**
 - a. Avoid. Just like meat if your attacks are under control you can have a limited portion of 75-100 g/d. Shrimps, Prawns, scallops, herring, are more likely to cause gout.
3. **Alcohol**
 - a. Limit intake to 60 ml/d if you are a social drinker. Better to avoid especially if attacks are uncontrolled or recurrent.
 - b. Wine is relatively safer
 - c. Beer is the worst and should be totally avoided.
4. **Cold Drinks** and processed fruit juices
 - a. Those which have fructose corn syrup should be avoided completely as it can lead to hyperuricemia
5. **Vegetables**
 - a. Have lesser amounts of Asparagus, cauliflower, spinach, and mushrooms. No need to avoid completely. All other vegetables are safe.
6. **Cut the fat and hydrate**
 - a. By having a low fat diet and drinking good amounts of water the body can eliminate uric acid more easily.
 - b. Tea Coffee, dairy, fruits are all Ok to have