

GOUT DIETARY GUIDE: FOODS TO AVOID & LIMIT

EAT

Low-Purine Vegetables

- Spinach
- Kale
- Broccoli
- Zucchini
- Cucumbers
- Bell peppers



Lean Proteins

- Chicken breast
- Turkey
- Eggs
- Tofu
- Low-fat cottage cheese
- Greek yogurt



Fish in Moderation

- Salmon
- Tilapia
- Sole
- Flounder
- Cod
- Light tuna



Fruits for Gout-Friendly Eating

- Cherries
- Strawberries
- Blueberries
- Oranges
- Apples
- Pineapple



Healthy Fats & Oils

- Avocado
- Olive oil
- Walnuts
- Almonds
- Chia seeds
- Flaxseeds



Fluids & Helpful Choices

- Water
- Lemon water
- Herbal tea
- Decaf coffee
- Low-fat milk
- Vegetable soup



LIMIT

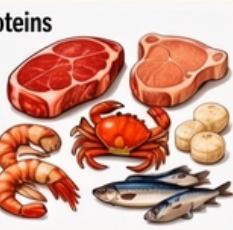
Moderate-Purine Vegetables

- Cauliflower
- Mushrooms
- Asparagus
- Green peas
- Spinach in large amounts
- Outmeal portions



Animal Proteins

- Lean beef
- Pork
- Shrimp
- Crab
- Scallops
- Sardines



Higher-Fructose Fruits

- Grapes
- Mango
- Pears
- Watermelon
- Dried apricots
- Raisins



Starches & Grains

- Brown rice
- Whole grain bread
- Pasta
- Couscous
- Quinoa
- Crackers



Dairy & Packaged Foods

- Flavored yogurt
- Cheese
- Cream snacks
- Protein bars
- Sweetened cereals
- Packaged snacks



Sweetened Drinks

- Fruit juice
- Sweet tea
- Sports drinks
- Sweetened coffee
- Flavored milk
- Soda alternatives



AVOID

High-Purine Meats

- Organ meats
- Liver
- Kidney
- Bacon
- Game meats
- Processed meats



High-Purine Seafood

- Anchovies
- Sardines
- Mussels
- Herring
- Mackerel
- Shellfish platters



Sugary Foods

- Whisky
- Cakes
- Cookies
- Doughnuts
- Ice cream
- Pastries



Sugary Drinks

- Soda
- Energy drinks
- Fruit punch
- Sweetened iced tea
- Sweetened coffee drinks
- Syrupy beverages



Alcoholic Drinks

- Beer
- Spirts
- Whiskey
- Vodka
- Liqueurs
- Mixed alcoholic drinks



Highly Processed Foods

- Fast food
- French fries
- Chips
- Instant noodles
- Frozen meats
- Refried macaroni



- Managing your diet is key to preventing gout flare-ups. Certain foods contain high levels of purines, which break down into uric acid and form painful crystals in your joints. Other foods impair your kidneys' ability to clear uric acid from your body.

- **Medications to Monitor:** Thiazide diuretics, Lasix, Edecrin, high doses of aspirin.