



Dietary Restrictions - Gout

Since gout is caused by high levels of uric acid, with crystals forming in the joints, some dietary measures to reduce purine intake would seem sensible.

Uric acid is a metabolic product of purine nucleic acids. Some purines are made in the body, while other purine comes from the food we eat. Reducing the amount of purines eaten would seem sensible, though evidence to demonstrate that would seem to be lacking. Weight reduction in those who are overweight is probably at least, if not more, important.

Foods with different levels of purines are given in the table below.

Purine Contents of Foods

High levels of purines Best to Avoid	Moderate levels of purines Eat Occasionally	Low levels of purines No Restrictions
Liver	Asparagus	Carbonated drinks
Kidney	Beef	Coffee
Anchovies	Bouillon	Fruits
Sardines	Chicken	Breads
Herrings	Crab	Grains
Mussels	Duck	Macaroni
Bacon	Ham	Cheese
Scallops	Kidney beans	Eggs
Cod	Lentils	Milk products
Trout	Lima beans	Sugar
Haddock	Mushrooms	Tomatoes
Veal	Lobster	Green vegetables
Venison	Oysters	
Turkey	Pork	
Alcohol especially beer	Shrimp	
	Spinach	