

GOUT: WHAT TO EAT/WHAT NOT TO EAT

Foods NOT to Eat (Fatty and Purine-Rich Foods)

According to the American Medical Association, purine-containing foods to be avoided include:

- Beer, other alcoholic beverages.
- Anchovies, sardines in oil, fish roes, herring.
- Yeast.
- Organ meat (liver, kidneys, sweetbreads)
- Meat extracts, consommé, gravies.

Foods which are very high in purines include:

- hearts
- herring
- mussels
- yeast
- smelt
- sardines
- sweetbreads

Foods moderately high in purines include:

- anchovies
- grouse
- mutton
- veal
- bacon
- liver
- salmon
- turkey
- kidneys
- partridge
- trout
- goose
- haddock
- pheasant
- scallops

Other foods to avoid:

High fat foods such as cream sauces, fried foods and foods containing trans fat (partially hydrogenated vegetable oils)

Avoiding purine-rich foods is only one aspect of treatment, drink plenty of fluids/water, exercise and maintain a healthy body weight. Diets designed for quick or extreme weight loss will work against you though -- they increase uric acid levels in the blood.

During a gout flare up AVOID ALL Extremely Acid Forming Foods:

Artificial sweeteners, Carbonated soft drinks & fizzy drinks , Cigarettes , Flour (white wheat), Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar, Beer, Brown sugar, Deer, Chocolate, Coffee , Custard with white sugar, Jams, Jellies, Liquor, Pasta, Rabbit, Semolina, Table salt refined & iodized, Tea black, Turkey, Breads White / Wheat, White rice, vinegar.

Foods to Eat More Of!

According to the American Medical Association, a balanced diet for people with gout include foods:

- High in complex carbohydrates (whole grains, fruits, vegetables)
- Low in protein (15% of calories and sources should be fish (*but not seafood*), tofu, lean meats, poultry)
- No more than 30% of calories from fat (10% animal fat)

Foods which may be beneficial to people with gout include:

- Dark berries and especially cherries may contain chemicals that lower uric acid and reduce inflammation.
- Tofu which is made from soybeans may be a better choice than meats.
- Certain fatty acids found in certain fish such as salmon, flax or olive oil, or nuts may possess some anti-inflammatory benefits.
- Celery has been used over the centuries for arthritis, rheumatism, gout,

Choi's research team followed 47,150 men with no prior history of gout over a 12-year period. The conclusion: during the 12 year period of assessment, 730 men were diagnosed with gout.

- Study participants who consumed the highest amount of meat were 40 percent more likely to have gout than those who ate the least amount of meat.
- Study participants who ate the most seafood were 50 percent more likely to have gout.

In this specific study, though, not all purine-rich foods were associated with an increased risk of gout. There was no increased risk associated with a diet which included:

- peas
- beans
- mushrooms
- cauliflower
- spinach

Even though these foods are considered high in purines. Choi's team also found that **low-fat dairy products decrease the risk of gout** and overall protein intake had no effect. Ultimately, diets shown to be connected to gout are the same kinds of diet linked to cardiovascular disease.

- Obesity can be linked to high uric acid levels in the blood. People who are overweight should consult with their doctor to decide on a reasonable weight-loss program. **Fasting or severe dieting can actually raise uric acid levels and cause gout to worsen.**