



## Gout: Preventing Gout Attacks

While medications are effective for the treatment of gout, decreasing foods that are high in purines and eating a low-fat diet may also help to lower blood uric acid levels that cause gout.

High dairy intake and coffee consumption may lower gout risk. Vegetable intake, regardless of purine content, may help remove uric acid from the body whereas fat intake, regardless of purine acid content, may increase uric acid secretion. (1) Research reports that consuming sweetened soft drinks, fruit juices and fructose-dense foods (apples, pears and honey) may also increase gout risk. (2) American Dietetic Association (1) and British Medical Journal (2)

Eating During Acute Attack	Eating in Remission
<ul style="list-style-type: none"> <li>• Consume 8 to 16 cups of fluid daily, at least half water.</li> <li>• Abstain from alcohol (discuss with M.D.).</li> <li>• Avoid fruit juice and sugared soft drinks (diet sodas are ok).</li> <li>• Limit animal foods of meat, fish, and poultry to 4 to 6 oz./day.</li> <li>• Eat protein in moderation: low-fat or nonfat dairy, tofu, eggs, and nut butters, such as peanut butter or almond butter, are preferred.</li> </ul>	<ul style="list-style-type: none"> <li>• Consume 8 to 16 cups of fluid daily, at least half water.</li> <li>• Limit alcohol intake (discuss with M.D.).</li> <li>• Limit/avoid fruit juice and sugared soft drinks (diet sodas are ok).</li> <li>• Consume a healthy low-fat diet, with moderate amounts of protein. Visit MyPyramid.gov and click on MyPyramidPlan link for daily intake guidelines.</li> <li>• Maintain a healthy body weight. Avoid fasting or high-protein diets for weight loss.</li> </ul>

High Purine Content		Moderate Purine Content		Low Purine Content	
Anchovies Beer Bouillon Brains Broth Consommé Goose Gravy Heart Herring Kidney Liver	Mackerel Meat extracts Mincemeat Mussels Partridge Roe (caviar) Scallops Sardines Sweetbreads Yeast: baker's and brewers	Asparagus Beans, dried Cauliflower Eel Fish Lentils Meat (beef, pork, lamb, veal)	Mushrooms Peas, dried Poultry Shellfish Spinach Wheat germ/bran Whole grains	Bread & crackers Butter/ margarine Cake/cookies Carbonated beverages Cereals Cheese Chocolate Coffee & tea Condiments Cornbread Custard Eggs	Fats (oils) Milk Noodles Nuts Oil Olives Pasta Pickles Popcorn Puddings Relishes Rice Salt Vegetables