

## LOW PURINE DIET

Gout diet

### AfterCare(R) Instructions

#### What You Should Know:

A low purine diet means eating foods that do not have many purines in them. Purines are found in some foods. Uric acid comes from the breakdown of purines and is not used by the body. It is usually filtered by the kidneys and taken out in the urine. When uric acid builds up in the body, it can cause pain and swelling known as gout. It may also cause kidney stones. You may need to follow the low purine diet if you have these problems.

#### Instructions:

- Do not drink alcohol unless OK'd by your caregiver. Eat fewer calories and low fat foods if you are overweight.
- LIST 1: HIGH PURINE FOODS (do not eat any of these)
  - Anchovies, Beef kidneys, Brains, Game meats, Gravies, Herring, Liver, Mackerel, Meat extracts, Sardines, Scallops, or Sweetbreads
- LIST 2: MEDIUM PURINE FOODS & BEVERAGES
  - You may eat 3 to 4 foods from this list each day: Asparagus, Beans, Bouillon, Broth, Cauliflower, Consomm, Dried beans, peas, or lentils, Fats and oils in small amounts, Fish, Fresh beans & peas, Meat soups, broth's or gravies, Mushrooms, Oats/oatmeal, Poultry: chicken & turkey, Shellfish: crab & lobster, Skim or 1% (no more than 24 ounces/day) Milk, Spinach, Wheat germ & bran, Whole grain breads, all types of Yeast
  - Do not eat more than 2 medium servings (when cooked is size of deck of cards) a day: Eel, Meat such as beef, lamb, pork, veal
  - Do not eat more than 4 each week: Eggs
- LIST 3: LOW PURINE FOODS & BEVERAGES (eat or drink as often as you like)
  - Breads & cereals that are low fiber, white flour, or refined grain types, Coffee, Cream-style soups made with low fat milk, Fruits & juices, Gelatin, Low fat & fat-free cheeses, Nuts, Peanut butter (limit if trying to loose weight), Soda pop, Sugar, syrup, and other sweets in small amounts, Tea, Vegetables (except those listed above), Vegetable soups without meat extract or broth