

Gout Diet: What Is Allowed, What Is Not

- Limit meat, poultry and fish. Animal proteins are high in purine. Avoid or severely limit high-purine foods, such as organ meats, herring, anchovies and mackerel. Red meat, fatty fish and seafood are associated with increased risk of gout.
- Cut back on fat. Saturated fat lowers the body's ability to eliminate uric acid from your body.
- Limit or avoid alcohol. Alcohol interferes with the elimination of uric acid from your body. Drinking beer, in particular, has been linked to gout attacks.
- Limit or avoid foods sweetened with high-fructose corn syrup. Fructose is the only carbohydrate known to increase uric acid. It is best to avoid beverages sweetened with high-fructose corn syrup, such as soft drinks or juice drinks.
- Choose complex carbohydrates. Eat more whole grains and fruits and vegetables and fewer refined carbohydrates, such as white bread, cakes and candy.
- Choose low-fat or fat-free dairy products. Some studies have shown that low-fat dairy products can help reduce the risk of gout attacks.
- Drink plenty of fluids, particularly water. Fluids can remove uric acid from your body. Aim for 8 to 16 glasses a day. A glass is 8 ounces. There is also some evidence that drinking four to six cups of coffee a day lowers gout risk in men.

Purine Rich Foods to Avoid:

- Anchovies/sardines in oil, fish roes, herring, shrimp, shellfish
- Yeast/bread
- Organ Meat (liver and kidneys), steak, hamburger, hot dogs
- Legumes (dried beans or peas)
- Mushrooms, spinach, asparagus, and cauliflower
- Beer/alcohol

Foods Beneficial for People with Gout:

- Dark berries
- Tofu
- Certain fatty acids