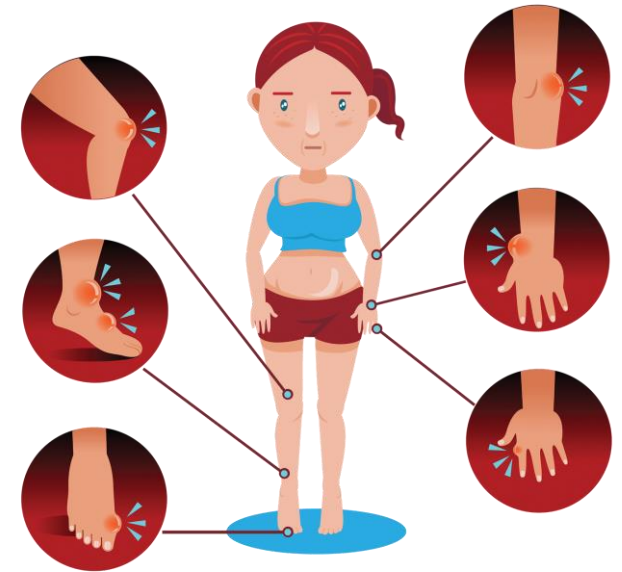


Best Diet for Gout

- Low fat dairy products
- Whole grain foods
- Omega-3 fatty acid (olive, flaxseed, avocado)
- Fresh vegetables
- Cherries
- Vitamin C supplement (500-1500 mg/day)
- Limited high fructose syrup
- Water (aim to drink 8-12 cups per day)
- Coffee



All About Gout



All American Medical Group

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What is GOUT?

Gout is a form of arthritis with high levels of uric acid in the blood. Uric acid can form needle-like crystals in joints that cause pain, tenderness, redness, fever, and swelling.



Triggers of GOUT

- Excessive eating
- Excessive alcohol*
- Too much high purine foods
- Dehydration
- Sodas and other sugary drinks
- Infection
- Surgery / Severe illness

*Excessive alcohol is defined as -

Men: More than 24 oz of beer, 10 oz of wine or 3 oz of liquor per day

Women: More than 12 oz of beer, 5 oz of wine or 1.5 oz of liquor per day

Purine Content in Foods

Purines are the building blocks of all living things and are a type of chemical compound found in foods and drinks that are a part of normal diet. High purine foods may increase the risk of gout because it could potentially increase the level of uric acid in the body.

Low	Moderate	High
<ul style="list-style-type: none">● All fruits and fruit juices● Most vegetables (except those that are listed in the next column)● Eggs● Peanut butter● Nuts (walnuts, almonds, peanuts, etc.)● Low fat dairy products● Bread & Crackers● Chocolate/Cocoa● Cheese● Butter/ Margarine● Noodles, pasta, rice	<ul style="list-style-type: none">● Asparagus● Green peas● Beans (dried)● Cauliflower● Eel● Fish● Mushrooms● Spinach● Wheat● Whole grains● Poultry (chicken, duck)	<ul style="list-style-type: none">● Red meats (bacon, beef, pork, lamb)● Organ meats (liver, kidney, heart, brain)● Shellfish (shrimp, lobster, mussels)● Anchovies, sardines, mackerels, scallops● Commercial gravy● Beer/alcohol● Yeast
