

Nutrition for Gout

Gout occurs when large amounts of uric acid build up in the body and form crystals. These crystals deposit in the joints and cause pain. Foods high in purines and fructose can increase uric acid levels and lead to gout attacks. Untreated gout can cause permanent joint damage as well as kidney stones, poor kidney function, and heart problems. The following information may improve your symptoms and lower your risk of a gout flare:



1. Take medications for gout as ordered by your doctor.
2. Aim for at least 30 minutes of exercise most days of the week.
3. Maintain a healthy weight. Lose weight if you are overweight but avoid crash diets, fasting, and high protein diets for weight loss. Rapid weight loss can increase uric acid levels.
4. Drink plenty of fluids to help flush uric acid from the body. Consume at least 8 cups of fluid daily. At least half of fluids should be water. Talk to your doctor about your fluid goals.
5. Keep a diet journal to track foods that may cause a gout flare.

Use the table below to guide your food choices.

<u>Foods to Choose</u> 😊	<u>Foods to Limit or Avoid</u> 😞
<ul style="list-style-type: none">• Low-fat or nonfat dairy products (such as skim milk, low-fat yogurt) • Fresh fruits & most vegetables • Eggs or egg substitute• Whole grains (such as whole wheat bread, whole grain pasta, brown rice, popcorn, barley, quinoa)• Nuts, nut butter, and soy 	<ul style="list-style-type: none">• Limit meat, fish, and poultry to 4-6 oz per day<ul style="list-style-type: none">• Avoid high-purine animal foods (such as anchovies, sardines, haddock, cod, tuna, shellfish, bacon, organ meats, wild game) and gravy and sauces made with meat• Avoid alcoholic beverages (especially beer) <ul style="list-style-type: none">• Discuss alcohol intake with your doctor• Avoid foods and drinks high in sugar or high fructose corn syrup (such as soda, juice, sports drinks, ice cream, candy, sweetened breakfast cereal) • Limit dried beans, peas, and lentils to 1 cup cooked per day• Limit oatmeal to 2/3 cup uncooked per day• Limit higher-purine vegetables (mushrooms, asparagus, cauliflower, spinach, green peas) to 1/2 cup per day