

Purine Content of Foods

Food Group	Low Purine (0-50 mg purine/ 100g)	Moderate Purine (50-150 mg purine/ 100g)	High Purine (150-825 mg purine/100g)
Breads, Cereals & Grain Products	<ul style="list-style-type: none"> • White Bread • Cornbread • Noodles • Macaroni • Spaghetti • White Rice • Crackers 	<ul style="list-style-type: none"> • Wheat Bread • Oatmeal • Wheat Bran • Wheat germ • Brown Rice 	
Fruit	All Fruits and Fruit juices		
Vegetables	Most Vegetables (except those noted in the next column)	<ul style="list-style-type: none"> • Asparagus • Cauliflower • Spinach • Mushroom • Green Peas 	
Meats, Poultry, Fish & Protein Foods	<ul style="list-style-type: none"> • Eggs • Peanut butter • Nuts (walnut, almond, peanut etc) 	<ul style="list-style-type: none"> • Lean meats (beef, pork, lamb) • Poultry without skin • Fish • Shellfish (shrimp, crab, oysters, clams etc) • Tofu 	<ul style="list-style-type: none"> • Sardines • Mackerel • Anchovies • Herring • Organ meats (liver, kidney, brain, heart etc) • Dried beans (red bean, mung bean, soybean, blackeye peas, lentils etc)
Milk & Milk Products	All low fat or fat free milk and dairy products		
Other		Meat soups	Gravies

Note: Too much purine can increase the uric acid level in the blood. Patients suffering from Gout should limit their intake of high purine foods.

Reference: Bowes & Church's " Food Values of Portions Commonly Used", 18th Edition, 2005.