
PURINE RESTRICTED DIET

(For Patients With Gout)

1. Reduce intake of high fat foods such as oil, butter, margarine, lard, chicken fat, mayonnaise, salad dressing, cheese, whole milk, cream, coconut milk, pastries, and dim sum.
2. Reduce intake of meats and seafood. Limit to 3 oz. daily.
3. Avoid sardines, mackerel, anchovies, shrimp, liver, kidney, brain, sweetbread (thymus gland), gravies, meat broth, and dried beans.
4. Limit mushroom, peas, spinach, asparagus, cauliflower, oatmeal, and whole wheat bread.
5. The following may be consumed as desired: cereal and grain products (rice porridge, noodles, pasta, rice, crackers, white bread), vegetables (except those noted above), potato, taro, yam, fruits, fruit juice, egg, low fat, or fat free dairy products.
6. Avoid alcohol.
7. Drink 8 to 12 glasses of water daily (2-3 qts) to promote excretion of uric acid.
8. Maintain ideal body weight. If overweight, a gradual weight reduction of 1-2 lbs a week is suggested.

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.