



# Gout and Your Diet

## CARE INSTRUCTIONS

Gout is a disorder of purine metabolism, which results in elevated uric acid levels. Purines are a type of protein compound found in many foods. Limiting these foods in the diet may help reduce the amount of medications you may be using to control gout. Adequate fluid intake, losing weight if you're carrying a few extra pounds, limiting protein food in general and limiting or avoiding alcohol can help, too.

### Dietary Guidelines

#### 1. Fluid intake

Drink a minimum of two quarts of fluids per day. A large fluid intake is helpful in eliminating uric acid.

#### 2. Weight Reduction

Obesity is often associated with gout. If you are overweight, gradually reduce your weight, as this may have a beneficial effect. Fasting or drastic dieting will increase uric acid levels, and thereby be more harmful than helpful.

#### 3. Purine Restriction

Eliminate foods high in purines (150 mg or more per ½ cup):

- Anchovies
- Organ meats (liver, kidney, brains, or sweetbreads)
- Game meats (rabbit, duck, or venison)
- Gravies
- Herring
- Mackerel
- Sardines
- Scallops

When having a gout attack, eliminate foods moderately high in purine:

- Asparagus
- Cauliflower
- Mushrooms
- Spinach

If you feel you can't eliminate the following, use only in the following portions:

- Legumes (beans, lentils, peas), ½ cup
- Meat, fish, poultry, 3 ½ oz (size of a deck of cards)

## Dietary Guidelines (continued)

### 4. Moderate protein intake

Limit servings of beef, pork, and lamb. Protein should be restricted to 60 grams per day for people 5'8" or less, and 80 grams per day for people taller than that. Approximate grams of protein in various foods:

1 oz meat, fish, poultry or cheese	7 gm
1 egg or ½ cup cottage cheese	7 gm
1 slice bread or ½ cup rice, past, potatoes or cereal	2 gm
½ cup cooked or 1 cup raw vegetables	2 gm
1 cup milk or yogurt	8-10 gm

Fruits, juices, lettuce, fats, coffee, tea or soft drinks contain almost no protein.

### 5. Reduce or eliminate alcoholic beverages

Over consumption of alcoholic beverages may bring about attacks of gout. Taken in moderate amounts and with food, alcoholic beverages do not appear to affect the symptoms of gout. Never consume more than 1-2 servings of alcohol in a day. A serving of alcohol is a 12 oz beer, 4 oz of wine or 1 ½ oz of distilled liquor.

### 6. Drink milk or milk products

Consume 3 cups per day of fat-free or low-fat milk or milk products.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used. Herbs and supplements are sold over-the-counter. Kaiser Permanente carries only herb categories for which some evidence exists to show that the herbs may be effective to treat certain medical conditions.