



Purine Diet for Gout Patients

Purpose: This diet may be used in conjunction with drug therapy for patients with gout

FOOD GROUPS	SERVINGS DAILY	FOODS TO INCLUDE IN MODERATION	FOODS TO *AVOID*
Milk	As Desired	Skim, low fat, whole, skimmed evaporated, buttermilk, yogurt chocolate milk made with skim milk	None
Meat, Fish, cheese Poultry, Meat alternate	2oz per day NO MORE THAN 5 times a week	Beef, veal, lamb, pork, fish poultry, all cheeses	Brains, heart, kidneys liver, sweetbreads meat extract, any fried meats, anchovies, mussels sardines, goose, herring mackerel, partridge, roe scallops, dried beans and peas, dried lentils, lunchmeat, shellfish peanut butter
Egg	One	All	Raw
Bread & Cereal	4 or more	All refined breads & cereals	Whole grain breads cereals
Potato & Alternate	1-2 (1/2 cup) servings	White, sweet potato, rice macaroni, noodles, spaghetti corn	None
Vegetable	2 or more (1/2 cup) servings	All except those on the avoid list and those prepared with fat. Include 1 vitamin A vegetable every other day	Asparagus, mushrooms spinach, peas
Fruit	2 or more (1/2 cup) servings	All, include 1 vitamin C fruit daily	None
Fat	3 or more	All, except those on the avoid list and cream in moderation	Gravy, meat extracts