



Dietary Guidelines for Gout Patients

Is There a Gout Diet?

Diet plays a role in the management of gout. For most people with gout, a healthy, balanced diet will be enough. But it generally helps to ensure your diet includes low-purine foods. Strive to avoid high-purine foods since they increase the amount of uric acid in the blood and may trigger an attack of gout. Also avoid foods containing high-fructose corn syrup, which is also associated with gout flares.

Some dietitians recommend creating a gout and lifestyle diary to track foods that may trigger an attack. Work with your physician or other healthcare professional on an eating plan appropriate for you.

Low-purine Foods to Include in a Balanced Diet

- Low-fat dairy products
- Fresh fruit
- Fresh vegetables
- Nuts
- Grains

High-purine Foods to Avoid

- Beer, grain liquors
- Red meat
- Seafood, especially shellfish like shrimp and lobster

High-fructose Foods to Limit

Fructose is a naturally occurring simple sugar found in fruit, vegetables and honey. In the form of high-fructose corn syrup, it has become an additive in many foods and drinks. There is a correlation between a diet high in fructose content and gout. In the typical American diet, high-fructose corn syrup is added to many foods. This is the main source of the “high-fructose epidemic” we are experiencing.

The following foods/drinks should be limited

- All sweetened soft drinks, juices and foods with added high fructose corn syrup on the label, especially in sodas, enriched fruit drinks, many breakfast cereals, many store-bought baked goods, many ice creams and candy
- Processed foods such as those found at “fast food” restaurants

The following foods have naturally occurring high-fructose and should also be limited to one to two cups per day:

- Apples
- Pears
- Grapes
- Peaches
- Dates
- Prunes
- Cherries
- Plums

Other suggested lifestyle modifications for patients with gout are available at www.gouteducation.org. You'll also find us at Gout Education on Facebook.



The results of a 2004 study published in the *New England Journal of Medicine* found that each additional serving of purine-rich red meat was associated with a 21 percent increase in the risk of gout in men over age 40. The study, conducted by Dr. Hyon Choi and colleagues, also found that each additional weekly serving of seafood was associated with a 7 percent increase in risk. Protein, purine-rich vegetables and moderate wine drinking were found not as harmful to gout sufferers as once believed. In addition, the study found that low-fat dairy products, specifically skim milk and low-fat yogurt, may actually decrease the risk or provide some protection against gout.