



# Take a Stand on Gout

## Living Healthy with Gout



### Gout and physical activity



With a diagnosis of gout, it is more important than ever to get your body moving, and to keep your body weight at a healthy level. These are healthy habits for a lifetime. Talk with your medical professional about an activity level that is right for you. For most adults, 30 minutes of moderate activity most days of the week is a great place to start. If you can do more, that is even better.

Keep in mind that walking 10 minutes several times a day is better than no activity.

If you have been inactive for some time, it is important to build up gradually over several weeks. Be sure to go at your own pace when starting an exercise program. People may start exercising too hard or fast, which may cause injuries and soreness.

If you are already active, aim to do a little more or set a new fitness goal.

Keep in mind that you do not need a gym membership or special clothing. It does not matter if you walk, ride a bicycle, swim, bowl or play a little golf. The important thing is to make movement part of your daily routine. You might even discover a new activity that you really enjoy!

### Gout and your diet

You have probably heard the saying, “Everything in moderation.” That is true for patients with gout. One of the myths about gout is that there is a strict “gout diet.” That is not the case. Living with gout means making choices that are smart for you and everyone in the family. It also means limiting how much you consume of certain types of foods and beverages. Portion size is important, too.

A good tool to use is the “My Plate” guidelines from [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). It shows the different types of foods you should aim to eat every day. You can see how much of your plate you should fill with each type of food – vegetables, fruit, whole grains, protein and low-fat dairy products. Remember to drink plenty of water. Aim for six to eight glasses per day.



There are some foods and beverages that patients with gout must limit. They have a lot of purine. It is a chemical that increases the amount of uric acid in the blood and may trigger an attack of gout.

#### **Limit these foods. Avoid them completely if you are having an attack:**

- Red meat, lamb, pork and organ meat
- Seafood (especially shellfish like shrimp and lobster) and sardines

#### **Limit these beverages:**

- Beer, grain liquors and wine
- Sweet fruit juices
- Soft drinks

Also avoid products with high-fructose corn syrup. It is a common ingredient in many breakfast cereals, many store-bought baked goods and desserts, ice cream and candy. You will see it on the ingredient list.

Your physician or a dietitian may have other recommendations about food choices and meal planning depending on other health issues you may have.

Physical activity and a healthy diet with a few limitations can help you avoid painful attacks of gout.

**For more information, talk to your doctor or visit [GoutEducation.org](http://GoutEducation.org)**