

GOUT IS CAUSED BY HIGH URIC ACID LEVELS WHICH IS DUE TO EATING FOODS HIGH IN PURINES!!

AVOID Foods High in Purines

MEATS: Anchovies, Carp, Haddock, Herring, Mackerel, Ocean Perch or Redfish Trout, Goose, Mincemeat, Meat Extracts, Liver, Kidney, Heart, Brain, Sardines, Shrimp

VEGETABLES: Cowpeas, Lentils, Great Northern Beans, Split Peas, Pinto Beans, Soybeans, White Beans

NUTS/SEEDS: Poppy Seeds

MISCELLANEOUS: Bouillon, Broth, Gravies, Yeast (Baker's, Brewer's)

AVOID Foods Moderately High in Purines

MEATS: Codfish, Halibut, Salmon, Tuna, Whitefish, Beef, Pork, Lamb, Veal, Meat Soups, Chicken, Duck, Turkey, Crab, Lobster, Oyster, Scallops, Rabbit, Quail, Venison

VEGETABLES: Asparagus, Cauliflower, Green Peas, Mushrooms, Spinach, Kidney Beans, Lima Bean

BREADS & STARCHES: Oatmeal, Wheat Germ, Whole Grain Breads

OK TO EAT Foods Moderately Low in Purines

VEGETABLES: All, except those listed above, Vegetable Soups without meat extract or broth

DAIRY PRODUCTS: Low-fat cheese, Low-fat milk, Low-fat yogurt, frozen yogurt

FRUIT: All fruit and fruit juices

GRAINS & STARCHES: Breads, Corn Cereal, Noodles, Pasta, Waffles, White Rice, Cornbread, Refined Wheat Flour

NUTS: Almonds, Hazelnuts, Walnuts, Peanut butter

MISCELLANEOUS: Gelatin, Tea, Tapioca, Eggs