

Gout Diet

Changing your diet is not a treatment for gout, but it can help control the production and elimination of uric acid, which causes gout. By altering your diet you can prevent or reduce the severity of your gout attacks. In addition, obesity is a risk factor for gout, therefore losing weight may also lower your risk of attacks. Although losing weight is beneficial, it must be done properly; fasting and rapid weight loss can promote a gout attack.

The following should be limited in your diet

Limit meat, poultry and fish

These all contain purines, which are turned into uric acid when they are broken down. Specifically, red and organ meats are high in purines. In addition, fatty fish, shellfish (shrimp/lobster) and tuna are associated with an increased risk of gout. Limit your meat, poultry and fish to 4-6 ounces a day.

Limit fat

Saturated fat impedes the body's ability to eliminate uric acid, increasing your risk of gout attacks. Some foods that should be avoided are salad dressing (such as Ranch), ice cream, fried foods and gravies. Choose plant-based protein (such as beans, peas, lentils) instead. Limit butter, margarine, oils and mayonnaise to 3 teaspoons daily.

Limit/Avoid Alcohol

Alcohol, like saturated fat, impedes the body's ability to eliminate uric acid. Specifically, beer and grain alcohol has been linked to gout attacks. Avoid ALL alcohol while having an attack. When you are not having an attack, limit drinking one or two 5-ounce servings of wine a day.

Limit/Avoid High fructose corn syrup

Fructose is the only carbohydrate known to increase uric acid. High fructose corn syrup can be found in common products such as soda, juice, processed foods (fast food) and various fruits. Choose a 100% fruit juice instead of sweetened soft drinks and juices, ice cream and candy. Limit apples, dates, peaches, plums, cherries, grapes, pears and prunes to 1-2 cups per day. Some alternatives to choose would be gelatin and vanilla wafers.

Some things you can add to your diet

Low-fat/Fat-free dairy products

Some scientific studies have shown low-fat dairy products can help reduce the risk of gout. Avoid whole milk and cream. You can always use low-fat sour cream in place of regular sour cream.

Drink plenty of water

Fluids can help remove uric acid from your body. Aim to drink 8-16 glasses a day (of 8-ounce glasses). Some studies have also shown drinking 4-6 cups of coffee a day may lower the risk of gout, specifically in men.



Snack Healthy

When snacking, choose foods such as fruits, vegetables, whole grains, and occasional nuts. Be sure to avoid avocados, as they are high in fat. Some great vegetables to eat include: mushrooms, peas, beans, spinach and cauliflower.

Eat plenty of carbohydrates

Increasing your carbohydrate intake can help rid your body of extra uric acid, but as mentioned before avoid carbohydrates containing high fructose corn syrup. Some good choices are rice, noodles, pasta and potatoes. Avoid pancakes, French toast, biscuits, muffins and french fries.

Sample Diet

Breakfast

1 glass of 100% fruit juice or coffee

1 cup Berries

Whole-wheat toast with 100% real fruit jelly and 1 teaspoon butter/margarine

Lunch

Lean meat, poultry, or fish (2-3 ounces) sandwich on whole-wheat bread (lettuce, tomato, low-fat spread)

Carrot and celery sticks, side salad, or vegetable soup (without a creamy base)

1 cup of fruit salad

1 glass of Skim/Low-fat milk

Dinner

Baked/Roasted chicken (2-3 ounces or ½ cup)

½ cup of steamed vegetables (without a creamy sauce)

Baked potato 1 teaspoon butter/margarine and low-fat sour cream

Green salad with tomatoes and low-fat dressing

Non-alcoholic beverage such as water or tea

½ cup of gelatin