

## Nutrition and Gout

### What is Gout?

Over 2 million Americans suffer from Gout. Gout is associated with being overweight and a diet rich in meat and alcohol. In addition, some foods are high in a substance called purines, which break down to form uric acid. If you have gout, you may have a high amount of uric acid in your blood

The dietary recommendations for **Gout** include **weight reduction, decreasing animal protein and alcohol intake, and a reduction in purines** (if you eat a lot of them).

- 1. Lose weight if you need to:**
  - a. Your dietitian can help you with this.
- 2. Reduce Animal Proteins:**
  - a. Choose proteins that come from milk, cheese, vegetables, and bread group
- 3. Increase high fiber foods:**
  - a. Choose whole grain breads, cereals, and crackers, raw and cooked veggies, fruits with edible seeds and skins
- 4. Limit Fat intake:**
  - a. Avoid high fat meats such as sausage, hot dogs, salami, bologna, and bacon
  - b. Use less fat in cooking and at table including butter, margarine, nuts, salad dressings, lard, shortening and oils.
  - c. Avoid Fried foods
  - d. Choose low fat (1%) or skim milk. Eat less high fat dairy products such as ice cream, whole milk, sour cream, and cream
- 5. Reduce or eliminate alcohol intake.**
- 6. Eliminate foods high in purine content:**

a. Anchovies	Macerel	Heart
b. Brains	Mincemeat	Kidney
c. Bouillon	Meat Extracts	Herring
d. Broth	Mussels	Liver
e. Consomme	Patridge	Scallops
f. Goose	Roe	Sweetbreads
g. Gravy	Sardines	Yeast (baker's/brewer's)
- 7. Increase fluid intake.**
  - a. Drink at least 8 cups fluid per day