

Gout/Low Purine Diet

There are two considerations for people with gout to consider. One is to avoid foods that are high in purines, such as listed below, which break down into uric acid, the inflammatory aspect of gouty arthritis. The other idea is to consider doing a candida diet, as candida in the gut can over produce uric acid, and that is often a main factor in the development of gout.

HIGH PURINE CONTENT: Avoidance overall is best

Anchovies	Meat extracts	Heart
Meat broth	Mussels	Herring
Goose	Porridge	Kidney
Gravy/dressing	Fish roe	Liver
Mackeral	Sardines	Scallops
Sweet breads	Yeast (baker/brewers)	

In general avoid:

Coffee, Tea, Soft drinks and Coco.
Wheat germ, yeast, high fat cookies and cakes.
Fried potatoes and potato chips.
Meats, meaty soups, bullion, consommé, and gravy

MODERATE PURINE CONTENT: Occasionally

Bran	Spinach	Fish
Beans	Fowl	Lentils
Meat	Peas	Mushrooms
Asparagus	Shellfish	

NEGLIGIBLE PURINE CONTENT: All the time is fine

Grains	Cheese	Milk
Eggs	Fruit	Vegetables
Yogurt	Oils	Nuts/Peanut Butter
Popcorn	Olives/pickles	Spices/Vinegar

HIGHLY RECOMMENDED FOODS:

Cherry, cherry juice
Blueberries and blueberry juice