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## **Guide for Low Purine Diet**

High levels of uric acid can cause gout and potentially uric acid kidney stone. High purine foods in a diet can increase uric acid levels in the body. Therefore, the gout diet usually limits food with high purine.

### **Gout Diet / Low Purine Diet**

- Alcohol, especially beer, should be
- Avoided. Limit alcohol consumption to 1 drink 3 times a week.
- Drink 2 to 3 L of fluid daily. Adequate fluid intake helps dilute urinary uric acid.

### **Avoid High-Purine foods (see below)**

- Consume a moderate amount of protein. Limit meat, fish and poultry to 4 - 6 oz per day. Try other low-purine good protein foods such as low fat dairy products, tofu and eggs.
- Limit fat intake by choosing leaner meats, foods prepared with less oils and lower fat dairy products.

### **Avoid High-Purine foods**

- Sweetbreads
- Anchovies
- Sardines
- Liver
- Beef kidneys
- Brains
- Meat extracts (e.g Oxo, Bovril)
- Herring
- Mackerel
- Scallops
- Game meats
- Gravy

### **Use in Moderation**

- Vegetables: asparagus, cauliflower, spinach, mushrooms and green peas
- Lentils, dried peas and beans
- Beef, pork, poultry, fish and seafood
- Oatmeal, wheat bran and wheat germ

Aside from avoiding high purine foods, maintaining a healthy body weight is important for gout patients as well. Obesity can result in increased uric acid production by the body. Follow a well-balanced diet to lose excess body weight. Do not follow a high-protein low-carb diet as this can worsen gout conditions