

9 Mount Bethel Road,  
Suite 209  
Warren, NJ 07059200 South Orange Ave,  
Suite 107  
Livingston, NJ 07039104 Commons Way,  
Suite A  
Toms River, NJ 08755Phone: (908) 605-0799  
Fax: (908) 450-1558  
advcarefootandankle.com**LOW PURINE DIET FOR PATIENTS WITH GOUT**

**Gout** is a medical condition usually characterized by recurrent attacks of acute inflammatory arthritis. The attack usually causes a red, tender, hot, swollen joint. The metatarsal-phalangeal joint at the base of the big toe is the most commonly affected area, accounting for half of all cases. It is caused by uric acid in the blood which crystallize and are deposited in joints, tendons, and surrounding tissues. In most cases the attack occurs at night, as the body cools, causing the uric acid to precipitate out of the joint into the surrounding tissue. Gout affects about 1-2% of the Western population at some point in their lives. Gout was historically known as "rich man's disease" due to the rich diet of upper class at the time.

Gout can occur for number of reasons including genetic, under excretion of urate crystals in the kidney, and high purine diet. When dietary causes are seen, there is several diet modifications that can undertaken to help combat the painful symptoms of Gout, and prevent reoccurrence. The following is a list of high purine (bad for gout) and low purine foods (good for gout).

**Do Not Eat These (high purine foods)**

Anchovies  
Asparagus  
Beans  
Bouillon  
Broth  
Caviar  
Consomme  
Goose  
Gravy  
Heart  
Herring  
Kidney  
Lentils  
Liver  
Fish (greater than 2-3oz)  
Poultry (greater than 2-3oz)  
Shellfish  
Meat Extracts  
Mincemeat  
Mussels  
Partridge  
Sardines  
Scallops  
Mushrooms  
Peas  
Spinach  
Red Meat (greater than 2-3oz)

**You May Eat Theses (low purine foods)**

Bread  
Butter or Margarine  
Cake and Cookies  
Carbonated Beverages  
Cereal  
Cheese  
Coffee  
Cornbread  
Custard  
Eggs (1 or 2)  
Fats  
Fruit (limit of 1 citrus per day)  
Herbs  
Ice Cream  
Jello  
Milk  
Noodles  
Oil  
Pasta  
Pickles  
Popcorn  
Puddings  
Relishes  
Rice  
Sugar  
Tea  
Vinegar