

General Gout Guidelines



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-- Gout occurs when blood **Uric acid** levels get too high and crystals begin to form and settle in joints and tissues. (This is similar to adding salt to a glass of water. Only so much will dissolve before it becomes saturated and crystals are seen at the bottom)

-- The body's immune system sees these crystals as foreign objects and attacks them causing severe pain, swelling and inflammation.

-- Uric acid is formed when the body breaks down **Purines**, which are molecules present in varying quantities in different foods.

High-Purine foods... (What to avoid or reduce)

- Beef, pork, poultry, lamb, and any internal organs such as liver, kidney, brain
- Meat extracts and gravies
- Alcohol, especially beer
- Oatmeal, dried beans, peas, lentils, spinach, asparagus, cauliflower, and mushrooms
- Seafood, especially anchovies, sardines, roe (fish eggs), herring, mussels, codfish, scallops, trout, and haddock

Low-Purine foods... (good for gout)

- Drink plenty of water as this may help remove uric acid from the body.
- low fat dairy products – milk and cheese
- cereals, breads, grains, rice, and pasta
- fruits, olives, tomatoes, and some green vegetables
- olives
- eggs

NOTE: Please be aware that people get gout for different reasons. Please discuss your diet and all of your medications with your medical doctor so as to determine the best individual course of treatment for you.

