

Gout Diet

Gout is a form of arthritis that is caused by a build up of uric acid in your blood. A gout flare up occurs when the excessive uric acid forms crystals that cause inflammation in your joints. Swelling, redness, and pain result from the inflammation. Over time gout flare ups can become more severe and occur more often. Decreasing your level of uric acid can help limit the number of attacks you experience in the long run. A diet high in purine is a contributing factor to gout attacks.

Foods to avoid:

- ✓ Beef, pork, lamb, organ meats (liver, kidney, and brain), and meat based gravies
- ✓ Beer
- ✓ Seafood—anchovies, sardines, roe, herring, scallops, trout, haddock
- ✓ Spinach, Asparagus, Cauliflower, Mushrooms
- ✓ Oatmeal
- ✓ Dried beans, Lentils, Peas

Foods you can eat:

- ✓ Eggs
- ✓ Fruits
- ✓ Olives
- ✓ Cheese
- ✓ Chocolate
- ✓ Tomatoes
- ✓ Breads, grains, cereals, pasta, rice
- ✓ Carbonated drinks
- ✓ Coffee
- ✓ Milk and milk products

Remember:

- ✓ Drink plenty of water
- ✓ Add low fat dairy products to your diet
- ✓ Exercise, Exercise, Exercise

