

Purine Controlled Diet

Purine Controlled Diet

Purine restriction may be helpful in certain disorders such as gout and urinary uric acid lithiasis.

High Purine Content 100-1000mg/100gm (OMIT)

Beverages As Desired

Fats: Gravy

Fruits: As Desired

Fruit Juices: As Desired

Meat, Poultry, Fish. Eggs, Cheese (1 serving = 2-3 oz): Anchovies, Game Meats, Goose Heart, Herring, Liver, Cal/Beef, Meat extracts, Mincemeat. Mussels, partridge, Row, Sardines, Scallops, Sweetbreads, Yeast -- Bakers and Brewers as a supplement

Milk/ Milk Products As Desired: Cream in moderation

Potatoes or substitutes As Desired

Soups Bouillon, Consomme, Meat Broths and soups, Fish Broth

Moderate Purine Content 9-150mg/100gm (ONE SERVING DAILY)

Beverages As Desired

Breads/Cereals Whole grain bread and cereal, wheat germ, bran, oatmeal

Fruits As Desired

Fruit Juices As Desired

Meat, Poultry, Fish. Eggs, Cheese (1 serving = 2-3 oz): Eel, Fish (Fresh/saltwater), meat -- beef, veal, pork, lamb; poultry -- chicken, duck, turkey; shellfish -- crab, lobster, oysters

Milk/ Milk Products As Desired

Potatoes or substitutes As Desired

Vegetables (One Serving = 1/2 cup) Asparagus, Cauliflower, Mushrooms, Spinach

Low Purine Content 0-50mg/100gm (MAY CONSUME DAILY)

Beverages As Desired

Breads/Cereals All others

Fats Butter and margarine in moderation

Fruits As Desired

Fruit Juices As Desired

Meat, Poultry, Fish. Eggs, Cheese (1 serving = 2-3 oz) All Others

Milk/ Milk Products As Desired: As desired

Potatoes or substitutes As desired

Suggested Meal Plan

Breakfast :Fruit or Juice, Cereal, Egg or substitute, Toast, Margarine, Milk, Beverage

Lunch: Meat or Substitute (3 Oz), Potato or substitute, Vegetable, Salad, Fruit or Dessert, bread or Roll, Margarine, Milk, Beverage

Dinner : Meat or Substitute (3 Oz), Potato or substitute, Vegetable, Salad, Fruit or Dessert, bread or Roll, Margarine, Milk, Beverage