

The Gout Diet

Gout is a common form of arthritis, especially among men age 40 to 50. It is caused by excess uric acid in the bloodstream, which deposits in the connective tissues and joints. Avoiding foods that increase uric acid in the body is important.

Food items high in purine increases the production of uric acid in the body. It is essential for people with gout to avoid these foods as best they can. The list of high purine foods is quite long, thus it is important for gout patients to be mindful of their diet.

Restricting your diet and eating low purine foods, will help to reduce complications associated with gout and the need for strong medications.

Example of Shopping List

Food Items to Avoid	Food Items to Buy
1. mushrooms	1. vegetables
2. red meat, game meats, organ meats	2. raw fruits
3. coffee/ tea	3. essential fatty acids (flax, chia and omega 3's)
4. chocolate	4. cherries, strawberries
5. fish	5. nuts
6. mussels	6. seeds
7. sardines	7. cereals
8. anchovies	8. rice
9. herring	
10. mackerel	
11. scallops and shrimp	
12. sweetbreads	
13. peas	
14. spinach	
15. lentils	
16. beans	
17. asparagus	
18. alcohol (wine or beer)	
19. gravy	
20. yeast	

Water

Don't forget that drinking plenty of water is important for people with gout. Drinking lots of water will help the body to remove excessive uric acid.

Exercise

Exercising regularly will also help gout patients to ` their overall circulation and detoxification.