

# A Low-Purine Diet:

## Relief from Gout & Kidney Stones

### Diet and Purines

**Purines** are substances naturally found in the body and in food. Some foods contain a lot of purines. When your body breaks down purines, uric acid is formed. Uric acid travels through the blood to the kidneys, then passes out through the urine. Kidney problems can cause higher levels of uric acid in the blood. If uric acid in the blood gets too high, it can cause gout and uric acid kidney stones.

**high purines → high uric acid → gout and uric acid kidney stones**

A diet low in purines is suggested for persons who develop gout and/or uric acid kidney stones. This diet, along with medications, may help ease any pain you may have.

### What to Eat



#### Foods **Lowest** in Purines

Many foods contain very small amounts of purines and are less likely to cause gout or uric acid kidney stones. They include:

- Low-fat milk and cheese
- Eggs or egg substitutes
- Fruits and fruit juices
- Whole grain breads and cereals
- Vegetables, including soups and broths
- Nuts and nut butters
- Beans, peas, lentils, and tofu
- Gelatin
- Chocolate and cocoa
- Coffee, tea, and diet beverages



#### Foods **Highest** in Purines

Some foods are very high in purines and known to bring on an attack of gout or uric acid kidney stones. They include:

- Meats (beef, poultry, pork, lamb, game), including organ meats, such as liver
- Meat soups, broths, gravies and meat extracts
- Fish and shellfish, especially sardines, anchovies, herring, mackerel, and scallops

### What to Drink

**Drink plenty of fluids, especially water.** It is suggested that you drink 8-16, 8 oz. glasses of fluids each day. At least half of this should be water (4-8, 8 oz. glasses).

**Do not drink** beverages containing **high-fructose corn syrup** as a sweetener. These include soda pop, fruit drinks, sweetened tea and coffee drinks.

You should also **avoid alcohol**, especially beer. Alcohol results in the making of purines; however, moderate intake of wine is not associated with gout or kidney stones.



# Other Diet Changes

## Avoid High-Fat Foods

Foods high in fat content can worsen gout and create more uric acid kidney stones. Here are several ways to lower the fat in your diet:

- Limit fried foods
- Avoid cream and cheese sauces
- Reduce intake of gravies
- Go easy on fats and oils such as butter, margarine, and cream

## Eat Small Meals

Since large meals can worsen your symptoms, try to keep your meals small and avoid large meals, especially late in the evening.

## Limit animal protein to 4-6 oz. per day

Animal proteins include meat, poultry, and fish. Four ounces (oz.) is about the size of a deck of cards.



## Avoid high fructose corn syrup

Be sure to check the ingredient labels of all food and beverages.

# A Sample Menu

## Breakfast

Fresh Fruit  
Bran cereal  
Whole grain bread  
toast & jelly  
Skim or 1% milk  
Coffee  
Water

## Lunch

Grilled, low-fat  
cheese sandwich  
Green bean salad  
Fruit  
Vanilla wafers  
Iced tea or water

## Dinner

3 oz. baked chicken  
breast  
Tossed salad with fat-  
free salad dressing  
Rice  
Corn  
Dinner roll with  
margarine  
Gelatin dessert

## Snack

Fruit  
Graham crackers  
Water

# Obesity and Gout



Being overweight or obese is also a risk factor for gout. If you are overweight or obese, **gradual weight loss** may be recommended by your dietitian. Weight loss is best achieved through both diet and exercise.

You should avoid drastic weight loss measures such as fasting, very low-calorie, or high-protein diets. These types of diets are more likely to cause gout and/or uric acid kidney stones.



Remember to consult your dietitian or doctor before starting any weight loss plan.