



Gout Diet

Gout is a painful form of arthritis that happens when too much uric acid builds up and forms crystals in your joints. Your body makes uric acid after it breaks down a substance called purine, which is found in many foods.

One of the things that may help you manage your gout is to reduce the amount of purines you eat. Keep in mind that while what you eat can affect how much uric acid your body produces, the effects are small compared to medication.

No specific eating plan will completely prevent flare-ups, but a good gout diet will help you:

- ✓ Reach a healthy weight
- ✓ Set and stick to good eating habits
- ✓ Limit foods with purines
- ✓ Add foods that can help control uric acid levels

Foods to Avoid if You Have Gout

Skip foods and drinks that are high in purines to help lower your chances of an attack. You should stay away from these types of food:

- ✓ Red meat, lamb, and pork
- ✓ Mushrooms, spinach and asparagus
- ✓ Legumes, beans, peas and lentils
- ✓ Organ meats, such as [liver](#), [kidneys](#), and glandular meats like the thymus or [pancreas](#) (you may hear them called sweetbreads)
- ✓ Seafood, especially shellfish like shrimp, lobster, mussels, anchovies, and sardines
- ✓ Beer and grain liquors (like vodka and whiskey)
- ✓ Wheat and gluten containing grains

Foods to Eat if You Have Gout

- ✓ Drink at least 8 full glasses of pure water daily (no well or city water).
- ✓ Black cherries – 30 – 40 per day. If fresh cherries are not available, use two glasses of bottled (organic) black cherry juice daily.
- ✓ Fresh fruits and vegetables
- ✓ Nuts and seeds
- ✓ Meats like fish, chicken, and red meat are fine in moderation (around 4 to 6 ounces per day).
- ✓ Vegetables: You may see veggies like spinach and asparagus on the high-purine list, but studies show they don't raise your risk of gout or gout attacks.

Supplements to use if you have Gout

- ✓ Renal Plus – 5 tablets, 3 x day
- ✓ Nephrazyme – 1 tablet, 3 x day
- ✓ Intenzyme Forte – 5 tablets, 4 x day on empty stomach until the pain and swelling abate then, 3 tablets, 3x day on empty stomach
- ✓ IAG – 2 teaspoons full, 3 x day
- ✓ Folate-5 Plus, 5 tablets daily