

LOW PURINE DIET

To decrease the body's uric acid pool, the following guidelines should be followed:

Drink 2-3 quarts of water daily.

Eat a diet high in carbohydrate (especially fruits and vegetables) and a low to moderate fat intake.

Keep meat intake to no more than 3-4 oz. per meal.

Use skim or low fat milk and limit to 2 cups per day.

FOODS VERY HIGH IN PURINE - AVOID ENTIRELY

anchovies	brains	gravies	sardines
liver	mackerel	meat extracts	dried peas and beans
sweetbread	shrimp	mincemeat	broth, bouillon,
Baker's yeast	Brewer's yeast	kidneys	consomme or
			soups made with meat stock

FOODS HIGH IN PURINE - LIMIT TO ONE SERVING WEEKLY

bacon	beef	calf tongue	carp
chicken soup	codfish	duck	goose
halibut	lamb	liver sausage	partridge
perch	pheasant	pigeon	pike
pork	quail	rabbit	scallions
squab	turkey	veal	venison

FOODS MODERATE IN PURINE - LIMIT TO TWO SERVINGS WEEKLY

bluefish	crab	herring	oysters
salmon	tuna	white fish	lobster
chicken	ham	mutton	mushrooms
peas	spinach	asparagus	cauliflower
oatmeal	wheat germ	wheat bran	whole grain breads and

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If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:
Karen Youket, Dietitian / Nutritionist
by calling the Family Health Centers at 828-258-8681