

Nutrition Series



HELP CONTROL GOUT

Avoid Purine-Rich Foods

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HELP CONTROL GOUT: Avoid Purine-Rich Foods

Gout is one of the most painful types of arthritis. It is caused by an excess of uric acid in the body. Uric acid results from the breakdown of purines. Purines are part of all human tissue and found in many foods. The excess can be caused by either an over-production of uric acid by the body or the under-elimination of uric acid by the kidneys. Eating foods high in purines can also raise uric acid levels in the blood and cause gout attacks in some people

Medication

It is important to take prescribed medication as directed

Supplements

Additional vitamin C may be helpful in preventing gout. Talk to your doctor

What You Should Eat

Persons with gout should follow the rules for healthy eating in order to increase consumption of foods that can prevent gout attacks:

- Eat 3 small to moderate meals daily, with snacks if necessary
- Eat more fruits, vegetables, legumes (peas & beans) and wholegrains
- Use fish more often, including canned fish (in water), skinless chicken, lean meat, low fat dairy and vegetarian options such as peas, beans and soy granules or chunks. Keep protein portions small
- Reduce total fat, especially saturated fat and trans fat. Bake, grill or steam foods and read labels for more information on fat content
- Drink more water or other fluids, including tea, 10 - 12 cups daily
- Lose weight if necessary
- Exercise regularly, at least 30 minutes daily

Avoid Purine-Rich Foods

Persons with gout are advised to avoid or limit foods rich in purine:

- Organ meats: liver, kidney, heart
- Anchovies, herring, fish roes and melts, sardines in oil
- Large portions of meat and poultry
- Alcohol, including beer and stout