

FOOD GUIDE FOR GOUT

(Paste Patient Label Here)

Purine is found in common foods that we consume. Purines are broken down by the body to uric acid, which is normally excreted in the urine. High uric acid levels cause crystals to precipitate in the joints, resulting in a gout attack. Thus the importance of maintaining a low-purine diet for those who are suffering from gout.

LOW PURINES FOODS

- Eggs, nuts
- Low-fat milk, cheese and yogurt
- Soups made **without** meat extract or broth
- Kailan, cabbage, red bell pepper and beetroot.
- All fruit and fruit juices
- Refined carbohydrates eg. white bread, pasta, white rice, cake
- Water, soda, tea, coffee, and cocoa

MODERATE PURINES FOODS

- Red Meats
- Crab, lobster and oysters
- Asparagus, cauliflower
- Mushrooms
- Oats, oatmeal, wheat germ and bran

HIGH PURINES FOODS

- Certain fish/shellfish: Salmon, herring, mackerel, prawn, anchovies (ikan bilis), sardines, fish roe, cockles, mussels, scallops
- Beans and legumes: Peanuts, bean cake, moon cake
- All internal organ meats eg. brains, heart, kidney, liver
- Meat extracts: Gravies and sauces made with meat, chicken essence, bak kut teh,
- Certain fruit and vegetables: Spinach, peas, strawberries (& strawberry jam), durian
- Alcohol, especially beer.