

PATIENT EDUCATION

CENTEROCK PODIATRY ASSOCIATES, P.C.

LOW PURINE DIET

Studies have shown that eating a low purine diet can significantly reduce your risk of suffering from an extremely painful condition called gout. Gout is a very painful disease that is most common in men, especially older men, and is caused by a condition called Hyperuricemia, which means that there is an excess of uric acid in the blood. When this happens, the body will form crystals that accumulate in the joints and cause painful gout symptoms.

Uric acid is a waste product left over from metabolism of chemical compounds called purines that can be found in some of the foods commonly consumed by many people today. Low purine diets are extremely helpful in lowering levels of uric acid in the body and will usually involve reducing or cutting out foods that have high levels of purines

Here is a partial list of foods high in purines, which have the highest concentration of purines and should be avoided by those who are prone to gout or are already suffering from it.

- BEEF
- PORK
- LAMB
- SEAFOOD
- ALCOHOLIC BEVERAGES
- FOODS THAT ARE MADE WITH SIGNIFICANT AMOUNTS OF YEAST SUCH AS BEER AND BREAD

While these foods' high purine levels can also aggravate symptoms of gout, they can sometimes be enjoyed in moderation by those who usually follow a low purine diet.

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| • ASPARAGUS | • WHOLE GRAIN BREADS AND CEREALS |
| • CAULIFLOWER | • WHITE POULTRY MEATS: |
| • MUSHROOMS | • SUCH AS CHICKEN |
| • PEAS | • DUCK |
| • SPINACH | • TURKEY |

PLEASE NOTE:

If you suffer from gout or have a family predisposition to the disease, it is good to steer clear of low carbohydrate diets such as Atkins and Protein Power diets. Their recommendation to eat large amounts of food high purines such as meats, dark vegetables, is almost certain to cause problems in those predisposed to Gout