

Published based on [Recommended Diet For Gout That Is Low In Purines](#)

Recommended Diet For Gout That Is Low In Purines



Gout is a medical condition where more than acceptable amounts of uric acid are present in a person's bloodstream. The two most common causes of this are over production or under excretion of uric acid. Uric acid is a waste product of purine metabolism. [Purines](#) are organic compounds that can be found in foods, and in some cases in high concentration. What is the recommended **diet for gout** and how do you manage gout? Medications are sometimes the first course of action to help control gout and there are sensible lifestyle suggestions as well. Other recommendations to go along with a diet for gout are to:

- Drink an ample amount of water and other fluids [8 x 8 rule](#).
- Avoid alcohol completely during a gout attack and only drink alcohol in moderation when permissible.
- Reduce weight if you are overweight, being overweight is one of the factors associated with gout, however avoid fasting or fast weight loss schemes because they can increase uric acid levels in your blood.
- Keep away from eating foods high in purines a *diet for gout* should consist of low fat and low protein.

Conditions when on a diet for gout advise what people should not eat, but more often don't give suggestions what you can eat. The American Medical Association and the Mayo Clinic have provided some suggestions for a diet for gout. While no definite changes in diet are proven to lower your risk of a gout flare up it makes good sense to eat foods that are lower in purines. Foods with complex carbohydrates such as whole-grain breads are just one example.

Suggested Diet For Gout Food Sources:

Fresh cherries, strawberries, blueberries, elderberries, and other red-blue berries. Berries are a good source of anthocyanidin (plant pigment thought to have antioxidant, antiplatelet, and wound-healing properties).

Bananas

Celery

Tomatoes

Vegetables including kale, cabbage, parsley, green-leafy vegetables

Foods high in bromelain (plant enzyme extracted from pineapple)

Foods high in vitamin C (red cabbage, red bell peppers, tangerines, mandarins, oranges, potatoes)

Low-fat dairy products

Complex carbohydrates (breads, cereals, pasta, rice, as well as aforementioned vegetables and fruits)

Chocolate, cocoa

Coffee, tea

Carbonated beverages

Essential fatty acids (tuna and salmon, flaxseed, nuts, seeds)

Tofu, although a legume and made from soybeans, may be a better choice than meat

Some other alternatives to the list above to consider when deciding on a [diet for gout](#) are foods that contain small or slightly high amounts of purines which may not raise the risk of gout, these can include: asparagus, cauliflower, mushrooms, peas, spinach, whole grain breads and cereals, chicken, duck, ham, turkey, kidney and lima beans. It is important to remember that purines are found in all protein foods. All sources of purines should not be eliminated from your everyday [diet for gout](#). These foods should be taken in moderation, before attempting any diet you should consult your doctor to decide what is right for you.

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