

Purine Restricted Diet

Purpose: The purine restricted diet is used in the treatment of gout where there is a disturbance of purine metabolism and increased levels of uric acid are seen in the blood. Although drug therapy is often used to control uric acid levels in the blood, a purine restricted diet is recommended, since uric acid is a metabolic product of purines.

Key things to do:

- ❖ Drink 2 quarts of fluid per day, with at least 4 cups of water included
- ❖ Diet should promote **gradual** weight loss to ideal weight
- ❖ Alcohol should be consumed in moderation and only with food
- ❖ Daily protein intake should be limited to 1g pro/kg ideal body weight or 80g pro/day

Food to avoid entirely:

Sweetbreads	Anchovies	Sardines	Liver
Kidney	Shrimp	Mackerel	Meat extracts
Dried legumes	Scallops		

Limit intake of these foods; one item once a week:

Bacon	Duck	Perch	Sheep
Beef	Goose	Pheasant	Shellfish
Calf tongue	Halibut	Pigeon	Squab
Carp	Lentils	Pike	Trout
Chicken soup	Liver sausage	Pork	Turkey
Codfish	Meat soups	Quail	Veal
Mushrooms	Partridge	Rabbit	Venison
Beer			

Limit intake of these foods; one item four times a week:

Asparagus	Finnan haddie	Mushrooms	Salmon
Bluefish	Ham	Mutton	Shad
Bouillon	Herring	Navy beans	Spinach
Cauliflower	Kidney beans	Oatmeal	Tripe
Chicken	Lima beans	Oysters	Tuna fish
Crab	Lobster	Peas	Whitefish

