

What Is Purine?

Purine is a substance found in food and is naturally produced by the body. It is especially high in organ meats, anchovies, mackerel, sardines, shrimp, haddock, trout, ocean perch, herring, dried porcini mushrooms and soybeans.

Why Should I Follow a Low-Purine Diet?

A low-purine diet is usually recommended if you have gout. It may also be recommended if you have kidney stones.

The body changes purine into uric acid. A buildup of uric acid can worsen symptoms of gout. If you have gout, eating a low-purine diet can help minimize uric acid production and thereby improve symptoms.

Suggestions:

In addition to following a low-purine diet, some other suggestions for decreasing uric acid production:

- *Avoid or limit your intake of alcohol, especially beer. While alcohol does not contain purines, it increases your production of purine.
- *Maintaining a healthy body weight can help reduce the risk of gout attacks.
- *Drink 8-12 cups of fluid every day. This may help dilute your urinary uric acid, which can help prevent kidney stones from forming.

To be used in conjunction with advice from a Registered Dietitian.



Eating Guide for a Low-Purine Diet

Food Category	Lower Purine Options	Foods to Limit or Avoid
Grains	Enriched breads, cereals, rice, noodles, pasta, and potatoes	Oatmeal Wheat bran, wheat germ
Vegetables	All except those on the “foods to limit or avoid” list. (limit these foods if you’re on a potassium restricted diet)	Mushrooms, green peas, dried peas and beans, spinach, asparagus, cauliflower (no more than ½ cup per day)
Fruits	All fruits and juices (limit these foods if you’re on a potassium restricted diet)	
Meat and alternatives	eggs, peanut butter	Red meat (beef, lamb, pork, and veal), poultry, fish, and shellfish (no more than 4-6 ounces per day) Dried peas, beans, and lentils sweetbreads, liver, kidney, heart, brain, meat extracts, herring, mackerel, scallops, sardines, mussels, anchovies gravies, goose, and mincemeat
Oils	All	Gravies and sauces made with meat
Beverages	coffee, tea, cocoa	Beer and other alcoholic beverages Limit sugar sweetened soft drinks (fructose can increase risk of gout)
Other	vegetable stock-based soups sugars, sweets, gelatins, herbs, spices, and condiments	Baker’s and brewer’s yeast Stock-based soups (e.g. meat stock, bouillon- and broth-based)

