

Diet to Prevent Gout



What is Gout?

Gout is a painful arthritic condition with a strong genetic tendency. It is usually characterized by high uric acid in the blood. Uric acid is a breakdown product of protein metabolism. Uric acid is produced during the metabolism of purines; a diet low in purines is recommended for reducing the pain associated with gout.

1. Stay well hydrated on water. Drink 1 ounce for every pound of body weight.
2. Consume tart cherries regularly. Cherries have anti-inflammatory effects that mimic anti-inflammatory drugs used to treat gout.
3. Use ginger, garlic, turmeric and rosemary regularly to reduce inflammation.
4. Minimize alcohol intake, especially intake of beer.
5. To minimize purines:
 - Consume a diet moderate in meat, poultry and shellfish.
 - Avoid organ meats, herring, mackerel, anchovies and sardines that are very high in uric acid.
 - Do not over consume asparagus, cauliflower, green peas, spinach and mushrooms. Eat less than ½ cup per day.
 - Do not eat more than 2/3 cups uncooked dry oatmeal per day.
 - Do not eat more than 1 cup beans or lentils per day.
 - Avoid gravy.
6. Avoid foods with hydrogenated oils (processed and fried foods).
7. Avoid soybean, safflower, sunflower and corn oils.
8. Avoid supplements with high levels of vitamin B3 (niacin, >50 mg) or vitamin C (>500 mg).
9. Avoid protein supplements (bars and powders).
10. If needed, lose weight.
11. If needed, reduce blood pressure and/or insulin resistance.