

Gout Diet Recommendations

- ☐ When an attack of gout strikes, eat only raw fruits and vegetables for two weeks. Juices are best. Frozen or fresh cherry juice is excellent. Also drink celery juice diluted with distilled water-use distilled water only, not tap water. Cherries and strawberries neutralize uric acid, so eat lots of them. Also include grains, seeds, and nuts in your diet.
- ☐ Maintain a diet low in purines at all times. Purines are organic compounds that contribute to uric acid formation. Purine-rich foods to avoid include anchovies, asparagus, consommé, herring, meat gravies and broths, mushrooms, mussels, sardines, and sweetbreads.
- ☐ Consume plenty of quality water. Fluid intake promotes the excretion of uric acid.
- ☐ Eat no meat of any kind, including organ meats. Meat contains extremely high amounts of uric acid.
- ☐ Consume no alcohol. Alcohol increases the production of uric acid and must be eliminated from the diet.
- ☐ Do not eat any fried foods, roasted nuts, or any other foods containing (or cooked with) oil that has been subjected to heat. When heated, oils become rancid. Rancid fats quickly destroy vitamin E, resulting in the release of increased amounts of uric acid.
- ☐ Avoid rich foods such as cakes and pies. Leave white flour and sugar products out of your diet.
- ☐ Avoid the amino acid glycine. Glycine can be converted into uric acid more rapidly in people who suffer from gout.
- ☐ Limit your intake of caffeine, cauliflower, dried beans, lentils, fish, eggs, oatmeal, peas, poultry, spinach, and yeast products.