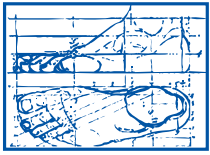


# helpful brochures



**ALEXANDRIA  
PODIATRY  
ASSOCIATES**

Dr. Jeffrey S. Coster  
Dr. Kenneth R. Wilhelm  
Dr. Jeffrey L. Graziano  
Dr. Joonhyun Yoon  
703-379-0700 (office)

## GOUT DIET

Gout is an increase in uric acid production. When the level increases in the blood stream, our bodies will eliminate the excess uric acid into the small joints of the foot. This causes a swelling of the joint tissues and results in a red, hot, swollen, and painful joint. Uric acid is a by-product of high purine foods. A diet low in purines has been proven to help prevent gouty attacks. Chronic attacks may be treated with oral medication.

### VERY HIGH-PURINE FOODS

(Avoid completely.)

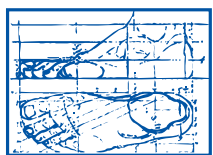
- Anchovies
- Beef kidneys
- Brains
- Gravies
- Herring
- Liver
- Mackerel
- Meat extracts
- Mussels
- Roe
- Sardines
- Scallops
- Yeast (all types)
- Sweetbreads

### MODERATELY HIGH-PURINE FOODS

(use sparingly)

- Asparagus
- Beans
- Bouillon
- Broth
- Cauliflower
- Consommé
- Dried beans, peas, lentils

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## GOUT DIET

- Eel
- Eggs (no more than 4 per week)
- Fats or oils in small amounts
- Fish
- Fresh beans and peas
- Meat (beef, lamb, pork, veal)
- Meat soups, broths, gravies
- Milk (skim or 1 percent---no more than 24 ounces per day)
- Mushrooms
- Oats or oatmeal
- Poultry (chicken and turkey)
- Shellfish (crab, shrimp, and lobster)
- Spinach
- Wheat germ and bran
- Whole grain breads

### LOW-PURINE FOODS

(Eat as much as you like.)

- Breads and cereals (low-fiber, white flour, or refined grain types)
- Coffee
- Cream-style soups made with low-fat milk
- Fruits and juices
- Gelatin
- Low-fat and fat-free cheeses
- Nuts, peanut butter (limit if trying to lose weight)
- Soda pop
- Sugar, syrup, sweets in small amounts
- Tea
- Vegetables, except those above
- Vegetable soups without meat extract or broth