

Gout

- Gout can make your joints **hurt and swell**. This happens when your body has too much uric acid.
- Some foods can raise uric acid levels and make symptoms worse.
- The good news is that food choices can help you **feel better** and lower your chances of a flare.
- Use this guide to learn which foods to choose more often and which to have less of to help manage your gout.

Food Category	High Purine (more than 150 mg) Try to avoid these foods. They can raise uric acid and trigger gout symptoms.	Medium Purine (50 – 150 mg) Try to eat these foods in small amounts. This can help keep your uric acid levels steady.	Low Purine (less than 50 mg) These foods are safer choices. They are less likely to cause a gout flare.
Meat	goose, lamb, organ meats (kidney, heart, liver, spleen), pork, veal	beef, chicken, deer, duck, ham, rabbit, turkey	---
Seafood	anchovies, carp, halibut, herring, redfish, salmon, sardines, trout, tuna	cod, crab, crayfish, haddock, lobster, mackerel, mussels, oysters, scallops, shrimp, sole	---
Dairy	---	butter, margarine	almond milk, cashew milk, cheese, coconut milk, cow's milk, eggs, yogurt
Beans & Legumes	soybean flour	black beans, chickpeas, kidney beans, lentils, miso, peas, pinto beans, red beans, soybeans, tempeh, tofu, white beans	---
Nuts & Seeds	poppyseeds	cashews, peanuts, sesame seeds, sunflower seeds	all other nuts and seeds
Grains & Starches	---	buckwheat, oats, rye, whole grains, whole wheat bread, whole wheat pasta	barley, couscous, grits, polenta, potatoes, rice, rice cakes, white bread, white pasta
Vegetables	dried mushrooms	asparagus, avocado, broccoli, brussels sprouts, cauliflower, chives, corn, kale, leeks, mushrooms, spinach	all other vegetables
Fruit	---	banana, dried figs, raisins	all other fruit
Beverages	alcohol (beer, liquor, wine), regular soda	---	coffee, diet soda, tea, water

Try these tips to help manage gout and feel better, especially during a flare.



Lose Weight

- Extra weight can make gout worse and put more stress on your joints
- Try to eat **smaller portions** and snack less between meals
- Add **light movement**, like walking, to help your body stay healthy and strong



Eat More Healthy Carbohydrates

- Try to eat more **fruits, vegetables, and whole grains**
- Most fruits and vegetables are **safe to eat**
- Limit the high and medium purine foods from the chart
- Avoid sugary drinks like soda, sports drinks, juice, and sweet tea
- Choose **water or sugar-free drinks** instead



Choose Lean Proteins

- Try to keep meat and fish to about **4–6 ounces a day**
- Choose **lean meats, chicken, and fish**
- Try some **meatless meals** using eggs, low-fat dairy, beans, lentils, tofu, or tempeh
- Avoid **high purine meats and seafood**



Try to cut back on Unhealthy Fats

- Too much fat can make it harder for your body to get rid of uric acid
- Try to eat less foods like red meat, bacon, sausage, fried foods, and full-fat dairy
- Choose healthier fats like **olive oil, avocado, and nuts**
- Pick **low-fat or fat-free dairy** when you can



Stay Hydrated

- Drinking fluids helps your body get rid of uric acid
- Try to drink about **6–8 cups** of fluids each day
- Avoid alcohol and sugary drinks like soda, juice, sports drinks, and flavored waters



Take Medication as Directed

- **Take your medicine as told**
- Do not take ibuprofen, aspirin, or similar pain meds unless your doctor says it is okay
- Ask your doctor which medicines are right for your gout



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.