C:\Users\owner\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\7Z445MJ2\MC900233650[1].wmf Low Purine Diet

Purines (PYUR-eenz) are found in many foods, especially organ meats, anchovies, mackerel, and sardines. Purines make up 15% percent of the uric acid found in the body. Too much uric acid can lead to problems, including kidney stones & gout. For this reason, a low-purine diet is recommended for people who have kidney stones, gout, and sometimes for people who have had an organ transplant. The diet is often used with medication to lower uric acid levels. Some people can lower their uric acid levels through diet alone.

Not everyone needs to follow a rigid diet to treat gout, but avoiding foods that high in purines may help. Check with your doctor or dietitian to see if you should follow this diet.

* **Avoid high Purine foods ~ See the attached lists.**
* **Avoid or limit alcohol. ~Alcohol increases purine production, leading to high uric acid levels in your blood & urine.**
* **Limit meat to 3 ounces per meal.**
* **Limit high-fat foods such as salad dressings, ice cream, fried foods, gravies, and dressings. Fat holds onto uric acid in your kidneys.**
* **Eat enough carbohydrates. They help your body get rid of extra uric acid.**
* **If you are overweight, lose weight, lose weight gradually. Rapid weight loss can increase uric acid levels.**
* **Drink 8 to 12 cups of fluid every day to help reduce kidney stone formation.**
* **Don’t take baker’s or brewer’s yeast as a supplement.**

**Low Purine Diet ~ Continued**

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| **Breads, Cereals, Rice, and Pasta**  6-11 servings each day  Serving size=  1slice bread, 1 cup ready to eat cereal, ½ cup cooked cereal, rice or pasta. | **Foods to Choose**  All enriched breads, cereals, rice, noodles, pasta, and potatoes**. Limit to 2 servings per week:** whole grain breads and cereals, wheat germ, bran, and oatmeal. | **Foods to Avoid**  Limit high-fat bread like breads like pancakes, French toast, biscuits, muffins, and French fries |
| **Fruit**  2-4 servings each day  Serving size=  1 medium-size piece of fresh fruit, ½ cup of canned fruit, ¾ cup of fruit juice. | **Foods to Choose**  All fruit and juices | **Foods to Avoid**  -Limit Avacados  (High in fat) |
| **Milk and Dairy Products**  2 servings each day  Serving size=  1 up milk or yogurt | **Foods to Choose**  Skim or low-fat milk  Low-fat yogurt | **Foods to Avoid**  Whole Milk, Cream and Sour  Cream. |
| **Vegetables**  3 servings each day  Serving size =  1 cup raw, ½ cup cooked or chopped | **Foods to Choose**  All  Limit to 2 servings per week: mushrooms, dried peas and beans, spinach, asparagus, cauliflower. | **Foods to Avoid**  Limit high-fat cooking, including au gratin, fried foods, and cream sauces. |

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| **Meats, Poultry, Fish, Dried Beans, Peas, Eggs and Cheese** | **Foods to Choose** | **Foods to Avoid** |
| Total of 6 ounces daily  Serving size=  2-3 ounces cooked (Count 1 egg, ½ cup cooked beans, 2 tablespoons peanut butter, or 1 ounce of cheese as 1 ounce of meat). | Beef, lamb, veal, pork, poultry, fish, eggs, peanut butter, nuts and low-fat cheese.  -limit to 2 servings per week: dried peas and beans. | **-**Sweetbreads, anchovies, sardines, liver, kidneys, brains, meat extracts, herring, mackerel, scallops, gravies, goose, heart, mincemeat, and mussels. |
| **Fats, Condiments and Drinks** | **Foods to Choose**  **-**Salt, Herbs, spices, and condiments  -carbonated drinks, coffee, cocoa, and tea.  -soups made with low-fat milk and vegetable-based broth  -limit to 3 teaspoons daily: butter, margarine, oils, and mayonnaise. | **Foods to Avoid**  Meat gravies, baker’s and brewer’s yeast, alcohol and meat stock-based soups (such as bouillon, broth, and consomme) |

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| **Snacks. Sweets, and Desserts** | **Foods to Choose** | **Foods to Avoid** |
|  | Gelatin, Ice Milk, Vanilla wafers, angel food cake. Low-fat frozen yogurt. | High-fat desserts, such as ice cream, cookies, cakes, pies, doughnuts, and chocolate, mincemeat pie. |

**Sample Menu**

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| **Breakfast** | ½ cup orange juice  ½ cup farina  Berries  White toast with jelly and 1 teaspoon margarine  1 cup 2% percent milk  Coffee |
| **Lunch** | Hamburger (3ounces) on a bun  Baked potato with 1 teaspoon margarine.  1 cup fruit salad  2 % percent milk |
| **Dinner** | Tossed salad with fat-free salad dressing.  ½ Chicken Breast (3ounces) with no skin.  ½ cup rice.  ½ cup broccoli  Dinner roll with 1 teaspoon margarine  ½ cup sherbert  Iced tea |

Please note: This information is not meant for use without a physician’s or dietitian’s recommendation.