



AIFC

AFFILIATES IN FOOT CARE

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GOUT

Items to Avoid

If your health care provider has recommended reducing high-purine foods in your diet, you may find the following guidelines helpful:

1. Limit your consumption of certain types of meat. Meat items that are particularly high in purines include beef, pork, lamb, and "organ meats" (such as liver, kidney, and brain), as well as meat extracts and gravies.
2. Reduce or eliminate alcohol consumption, especially beer.
3. Reduce your use of oatmeal, dried beans, peas, lentils, spinach, asparagus, cauliflower, and mushrooms.
4. High consumption of seafood is associated with an increased risk of gout. Specific types of seafood found to be associated with higher levels of uric acid include: anchovies, sardines, roe (fish eggs), herring, mussels, codfish, scallops, trout, and haddock.