

LOW PURINE DIET

*What is purine?.....*Purine is a chemical found in some foods. Uric acid comes from the breakdown of purines in the body. The kidneys usually filter uric acid out of the bloodstream and discard in the urine. The buildup of uric acid in the body can lead to pain and swelling known as "gout" and it can also cause kidney stones. Restricting calorie intake, alcohol consumption, losing weight (if overweight), and eating low-fat foods can also help reduce uric acid levels.

How to avoid purine?.....Ask about ingredients in foods when you eat out at restaurants and others' homes as well as read food labels. It is also important to drink plenty of fluids to increase uric acid excretion from your body.

HIGH PURINE FOODS - AVOID COMPLETELY:

Anchovies	Liver
Beef kidneys	Mackerel
Brains	Meat extracts
Game meats	Sardines
Gravies	Scallops
Herring	Sweetbreads

MEDIUM PURINE FOODS - NO MORE THAN 2 TO 4 CHOICES DAILY

Asparagus	Meat (beef, lamb, pork, veal)*
Beans	Meat soups, broth, gravies
Bouillon	Milk (skim or 1% - no more than 24 oz. a day)
Broth	Oats or oatmeal
Cauliflower	Poultry (chicken, turkey)*
Consommé	Shellfish (crab, lobster)*
Dried beans, peas, lentils	Spinach
Eel*	Wheat germ and bran
Eggs (no more than 4 per week)	

Fats or oils in small
amounts
Fish
Fresh beans & peas

Whole grain breads
Yeast (all types)

* Do not eat more than 2 medium servings a day (a medium serving guide - when cooked, is the size of a deck of cards).

LOW PURINE FOODS

Breads and Cereals (low-
fiber, white flour or
refined grain-types)
Cheeses (low-fat and fat-
free)
Coffee
Cream-style soups (made
with low-fat milk)
Fruits and juices
Gelatin
Nuts and peanut butter
(limit if trying to lose
weight)

Soda
Sugar, syrup, sweets (in
small amounts)
Tapioca
Tea
Vegetables (except those
listed above)
Vegetable soups (without
meat extract or broth)

Remember - Consult with your healthcare provider before making any significant changes to your diet, especially if you are already on a disease-specific diet. Alternative sources of protein should be included in a low-purine diet.

Reviewed 11/2007.

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