



Patient Resources

The Low-Purine Diet

Purines are found in many foods that we consume, and when the body breaks down purines, its byproduct is uric acid. Uric acid is also naturally produced by the body. Individuals that have gout have elevated levels of uric acid in the body. This excess uric acid can form crystals in the joints, leading to painful gout flares. The Low-Purine diet is designed to reduce the consumption of high-purine foods such as red meats, organ meats, select seafood, among others to help manage uric acid levels and prevent gout flares.

We have provided you with a general guideline of the low-purine diet that studies have shown to be an effective method to preventing gout flares. Please consult your healthcare provider prior to making any changes to your diet.

Important Tips:

Tip #1: Avoid high-purine foods (see chart on following page)

Tip #2: Limit high-fat foods such as salad dressings, ice cream, fried foods, gravies, and dressings- fat holds onto uric acid in your kidneys.

Tip #3: Avoid or limit alcohol. It increases purine production, which leads to higher uric acid levels in your blood and urine.

Tip #4: Limit meat intake to 3 ounces per meal.

Tip #5: Eat enough carbohydrates- they help your body get rid of excess uric acid.

Tip #6: Drink 8-12 cups of fluid every day to help reduce kidney stone formation.

Recipe Resources

Whether you're a beginner, or need a little recipe inspiration, Google "Low-Purine recipes" for plenty of tasty dishes!

(University of Pittsburgh School of Health Sciences, 2017)

The chart below provides examples of food groups and specific foods that follow the Low-Purine Diet.

Servings & Serving Sizes	Foods to Choose	Foods to Avoid
Breads, Cereals, Rice, & Pasta		
<i>6-11 servings each day*</i> *Serving size= 1 slice bread, 1 cup ready-to-eat cereal, 1/2 cup cooked cereal, rice or pasta	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	Limit high-fat breads like pancakes, French toast, biscuits, muffins, and French fries
Fruit		
<i>2-4 servings each day*</i> *Serving size= 1 medium-size piece of fresh fruit, 1/2 cup canned fruit, 3/4 cup fruit juice	All fruit and juices	Limit avocados (high in fat)
Milk & Dairy Products		
<i>2 servings each day*</i> *Serving size= 1 cup milk or yogurt	Skim or low-fat milk Low-fat yogurt	Whole milk, cream, and sour cream
Vegetables		
<i>3 servings each day*</i> *Serving size= 1 cup raw, 1/2 cup cooked or chopped	All Limit to 2 servings per week: mushrooms, dried peas and beans, spinach, asparagus, cauliflower	Limit high-fat cooking, including au gratin, fried foods, and cream sauces
Meats, Poultry, Fish, Dried Beans, Peas, Eggs, & Cheese		
<i>Total of 6 ounces daily*</i> *Serving size = 2-3 ounces cooked (count 1 egg, 1/2 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, & Drinks		
	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	Meat gravies, baker's and brewer's yeast, alcohol, and meat stock-based soups (such as bouillon, broth, and consommé)
Snacks, Sweets, & Desserts		
	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