

PURINE-RESTRICTED DIET

<p>Gout is a type of arthritis. It results from an excess of uric acid (waste product of body processes) in the blood. Uric acid can build up and form crystals in the joints causing them to feel intensely painful. Uric acid is also formed from purines which are present in many foods.</p> <p>Main Points of diet:</p>	<p>High Purine Foods Avoid or Eat less often and in small amounts.</p>	<p>Moderate Purine Foods Eat moderate amounts.</p>	<p>Low Purine Foods Choose more often.</p>
<p>1. Eat a healthy balanced diet.</p> <p>2. Eat a variety of food daily. Remember your fruits and vegetables.</p> <p>3. Be active. Aim to attain and maintain acceptable body weight.</p> <p>4. Avoid alcoholic beverages (e.g. beer) or use them sparingly.</p> <p>5. Drink sufficient fluids - at least 2 to 3 litres per day (8 to 12 glasses).</p>	<p>Internal organs e.g. brain, liver, kidney, heart, stomach, lung, others.</p> <p>Goose</p> <p>Game meat e.g. rabbit, pigeon, quail, and pheasant.</p> <p>Small fishes eaten whole or processed e.g. ikan bilis, anchovies, whitebait, sprats, herring, sardines, ikan bilis stock cubes, fish sauce.</p> <p>Mackerel, tuna, trout, herring Crayfish, lobster</p> <p>Fish roes Scallops Mussels</p> <p>Meat extracts e.g. Bovril, stock cubes</p> <p>Yeast supplements</p> <p>Rich Soups & Gravies</p>	<p>Wheat bran, oats & wheatgerm. Unpolished rice</p> <p>Meat (beef, lamb, pork, veal)</p> <p>Poultry (chicken, duck, turkey, goose)</p> <p>Fish – except those in High Purine Group</p> <p>Crab, prawn, oysters, mussels and other seafood</p> <p>Peanuts, cashew nuts, peanut butter, sesame paste, sunflower seeds.</p> <p>Avocado</p> <p>Spinach, mushrooms, asparagus. Brassicas e.g. cauliflower, broccoli, Brussels sprouts.</p> <p>Peas, beans and bean products (e.g. dhal, chickpeas, taukee, taukua, tofu, tempeh, miso, hummus, etc)</p> <p>Soups and gravies made with meat stock.</p>	<p>Bread, biscuits, cereals, pastas, noodles. Rice, barley, couscous, cornmeal</p> <p>All milk and products. Choose skimmed or low e.g. skimmed milk, low fat cheese, low fat yoghurt, etc</p> <p>Eggs (limit yolk intake if blood cholesterol is high)</p> <p>Preserves e.g. jam, marmalade, chutney, and pickles.</p> <p>Beverages e.g. water, tea, coffee, unsweetened fruit juices</p> <p>Nuts (except those in Moderate Purine Group). Choose unsalted nuts.</p> <p>Fruits</p> <p>Vegetables – except those in Moderate Purine Group.</p> <p>Fats – butter, margarine, oil</p>

You should have received verbal instructions with this diet plan. This diet plan is designed to guide you on your diet. They are not exhaustive instructions. You may receive different additional instructions from your healthcare team. Please seek clarifications when in doubt.