Low Purine Diet

Foods that contain the compound purine can trigger an attack of **gout** in susceptible individuals, because purine raises uric acid levels in the body.   Most foods with high purine levels are also rich in protein; consequently alternative sources of protein should be included in a low-purine diet.   Dr. Kraskow recommends avoiding the following.

Foods with <u>very high</u> purine levels:	Anchovies, Brains, Gravies, Kidneys, Liver, Sardines, Sweetbreads
Foods with <u>high</u> purine levels:	Bacon, Beef, Calf tongue, Carp, Chicken soup, Codfish, Duck, Goose, Halibut, Lentils, Perch, Pork, Rabbit, Sheep, Shellfish, Trout, Turkey, Veal, Venison
Foods with <u>moderately high</u> purine levels:	Asparagus, Bluefish, Bouillon, Cauliflower, Chicken, Crab, Ham, Herring, Kidney beans, Lima beans, Lobster, Mushrooms, Mutton/Lamb, Navy beans, Oatmeal, Oysters, Peas, Salmon, Spinach, Tripe, Tuna
<u>In addition, do not eat</u>:	Fried Foods, Alcohol (especially beer), Coffee, Candy, Soft Drinks, White Flour, Sugar, Chocolate, Cocoa, Caffeine, Wheat Germ, Potatoes, Yeast
You may <u>supplement the protein</u> in your diet with the following:	Fish, Limited Fowl, Baked Ham, Nuts (without hydrogenated oils), Beans, Cheese, Vegetables, Fruit, Seeds, Limited Eggs
ALLOWABLE VEGETABLES:	Avocado, Beets, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Carrots, Celery, Corn, Cucumbers, Eggplant, Lettuce, Onions, Radishes, Sauerkraut, Squash, String beans, Tomatoes, Turnips. (increase raw for 2 weeks)
ALLOWABLE FRUITS:	Strawberries, Cherries, Apples, Apricots, Berries, Grapefruit, Melons, Oranges, Peaches, Pears, Pineapple, Tangerines, Hawthorne and Blueberries (anthocyanidins). Fruits may be cooked or raw, without sugar. Canned fruits should be packed in water, not syrup. Raw is better if enjoyed that way. (increase raw for 2 weeks)

Juice: Any unsweetened fruit or vegetable juice, except grape, prune juice and orange juice. Cherry juice is good.

Water: 1 quart / 50 lbs. body weight. (unless on a water restricted diet for medical reasons)

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