

Purine-Restricted Diet

Why follow a purine-restricted diet?

If you suffer from gout or kidney stones, this diet, along with medication, may help lower your uric acid levels and relieve your pain. Also, by reducing the amount of fatty foods you eat, you will have fewer gout attacks.

Dietitian name

Phone number



AMERICAN DIETETIC ASSOCIATION

IMPORTANT POINTS TO KEEP IN MIND

- To help prevent kidney stones from forming, make sure you drink 8-12 cups of liquid every day.
- Maintain or achieve a healthy body weight to help prevent gout attacks. Weight loss should be gradual because rapid weight loss may increase uric acid levels.

NOTES:

SAMPLE MENU FOR A PURINE-RESTRICTED DIET

BREAKFAST

Orange juice (½ cup)
Cornflakes cereal (1 cup)
Fresh berries (½ cup)
Toasted white bread (2 slices)
with jam (2 tsp)
Fat-free or low-fat milk
(1 cup)
Coffee or tea

LUNCH

Hamburger (3 oz) on a bun
(1) with sliced tomato
and lettuce
Baked potato (1) with plain
yogurt
Fruit salad (½ cup)
Fat-free or low-fat milk
(1 cup)

SNACK

Tomato juice (½ cup) with
twist of lemon
Pretzels (1 oz)

DINNER

Tossed salad (1 cup) with fat-
free dressing (1 tbsp)
Broiled chicken breast (3 oz)
Herbed rice (½ cup)
Steamed broccoli (½ cup)
Dinner roll (1)
Fat-free vanilla ice cream
(½ cup)
Coffee or tea

Purine-Restricted Diet

Food Categories	Foods Recommended	Tips
BREADS, CEREALS, RICE, AND PASTA 6–11 servings each day		
Serving size = 1 slice bread, 1 cup ready-to-eat cereal, ½ cup cooked cereal, rice, or pasta; ½ bun, bagel, or English muffin	All refined breads and cereals, enriched rice, barley, noodles, spaghetti, macaroni, and other pastas In moderate amounts: (Amounts will vary depending on your tolerance.) Whole-grain breads and cereals, oatmeal, wheat germ, or wheat bran	Go easy on high-fat breads like muffins, French toast, and biscuits. Use tomato-based sauces on pasta or rice instead of cream or cheese sauces.
VEGETABLES 3–5 servings each day		
Serving size = 1 cup raw leafy, ½ cup cooked, ¼ cup juice	All except those to use in moderation In moderate amounts: Asparagus, cauliflower, green peas, mushrooms, and spinach	Limit vegetables that are fried, au gratin, or prepared with cream, such as french fries and creamed potatoes.
FRUITS 2–4 servings each day		
Serving size = 1 medium, ½ cup canned, ¼ cup juice, ¼ cup dried	All fruits and fruit juices	Avocados are high in fat; eat them in limited quantities.
MILK, YOGURT, AND CHEESE 2–3 servings each day		
Serving size = 1 cup milk or yogurt, 1½ oz natural cheese, 2 oz processed cheese	Fat-free and low-fat milk, low-fat yogurt, and low-fat cheeses (less than 5 grams of fat per ounce)	
MEATS, POULTRY, FISH, DRIED BEANS AND PEAS, EGGS, AND NUTS 2 servings each day		
Serving size = 2–3 oz cooked; count 1 egg, ½ cup cooked beans, 2 tbsp peanut butter, or ½ cup nuts as 1 oz meat	In moderate amounts: Beef, lamb, veal, pork, poultry, fish, shellfish, and eel Dried beans and peas, peanut butter, and nuts Eggs	Avoid the following high-purine protein foods: sweetbreads, anchovies, sardines, liver, beef kidneys, brains, meat extracts, herring, mackerel, scallops, and game. Limit meat, poultry, or fish that is fried or served with gravy or cream sauce.
FATS, SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES		
	Creamed soups made with low-milk and vegetable broth-based soups Flavored gelatin, ice milk, plain cookies, and angel food cake Iodized salt, herbs, and spices Carbonated drinks, cocoa, coffee, fruit drinks, and tea In moderate amounts: Meat gravies and soups made with meat stock Baker's and brewer's yeast	Use fats and oils like butter, margarine, cream, and salad dressings sparingly. Limit high-fat snack chips and sweets such as doughnuts, sweet rolls, pie, cake, cookies, and ice cream. Ask your doctor if you may drink alcohol. Beer, ale, and wine may bring on an attack.