



Robert Smith D.O. Jobinson Thomas M.D. Patrick Chua M.D. Arjun Sekar M.D. Prem Chandran M.D.

DIETARY MANAGEMENT OF GOUT

AVOID:

- Meats high in purine like liver/kidney
- High fructose corn syrup-sweetened sodas
- More than 2 alcohol servings per day for men and more than 1 for women
- Avoid any alcohol during a gout flare

REDUCE:

- Beef/pork/lamb
- Sardines/anchovies/Tuna/Shellfish
- Alcohol (particularly beer but also other spirits)

ENCOURAGE:

- Low fat or non-fat dairy products
- Vegetables