

## Department of Podiatry

### Purine Restricted Diet

#### General Information:

This diet is used to reduce the amount of purines in the diet. It is used to help decrease blood uric acid levels. For the obese individual, gradual weight reduction and maintenance is recommended. We suggest avoiding fad or crash diets.

#### Guidelines for Diet:

Eliminate foods that are high in purine content.

Anchovies	Mackerel	Heart
Brains	Mincemeat	Kidney
Bouillon	Meat Extracts	Herring
Broth	Mussels	Liver
Consomme	Partridge	Scallops
Goose	Roe	Sweetbreads
Gravy	Sardines	Yeast (baker's/brewer's)

#### Limit Foods of Moderate Purine Content:

- Use only 2-3 oz. of meat, fish and poultry per day.
- One serving (1/2 cup) of these vegetables per day:

Asparagus	Beans, dried
Lentils	Mushrooms
Peas, dried	Spinach
- Moderate protein intake with the most protein coming from milk, cheese, vegetables and bread groups.
- Liberal carbohydrates, especially in the form of high fiber foods, are recommended.

## **Purine Restricted Diet**

(continued)

### **Examples are:**

- Whole grain breads, cereals and crackers
- Vegetables, raw and cooked (remember those you should limit)
- Fruits, especially those with edible seeds and skins

### **Low to Moderate Fat Intake**

- Avoid high fat meals such as sausage, hot dogs, salami, bologna and bacon.
- Use fewer fats in cooking and at table including butter, margarine, nuts, salad dressings, lard, shortening and oils.
- Avoid fried foods.
- Instead of whole milk, switch to low fat or skim milk. Eat less high fat dairy products such as ice cream, whole milk, sour cream and cream.
- Achieve desirable body weight through gradual weight reduction.
- Restrict or eliminate alcohol.
- Increase fluid intake to help keep urine dilute.

If you have any questions or concerns about your condition, please do not hesitate to contact our office.