



The Gout Diet: What's In and What's Out

Purines are natural substances that are found in some foods and drinks. When you eat them, purines are broken down by your body into uric acid. Uric acid usually dissolves in your blood and passes through your kidneys into your urine. But, in people with gout, this goes wrong so uric acid builds up in the blood, forming crystals. Other foods and drinks can also influence the amount of uric acid in your blood, one example is fructose, a type of sugar. Overall, about 1/3 of your uric acid comes from your diet, so if you have gout it's important to try to avoid high-purine food and drink, along with taking any uric acid lowering medication prescribed by your doctor.

The table below contains some examples of gout-friendly foods and drinks, and also some that you should try to limit or avoid. Speak with your doctor before making any big changes to your diet to find out what might be right for you.

	Eat Low-purine foods and drinks	Avoid or limit High-purine foods and drinks
Meat	<ul style="list-style-type: none"> Up to 170 g per day • White chicken meat 	<ul style="list-style-type: none"> • Beef • Pork • Lamb • Offal • Meat-based gravies
Seafood	<ul style="list-style-type: none"> Up to 170 g per day • Salmon • Flounder • Sole • Catfish • Canned light tuna 	<ul style="list-style-type: none"> • Anchovies • Sardines • Roe (fish eggs) • Herring • Cod • Trout • Haddock • Shellfish, including shrimp, mussels, scallops and lobster
Vegetables	<ul style="list-style-type: none"> • Tomatoes • Potatoes • Celery • Squash • Peppers • Root vegetables, including yams, carrots, celeriac and beetroot 	<ul style="list-style-type: none"> • Spinach • Peas • Asparagus • Cauliflower • Mushrooms
Fruits	<ul style="list-style-type: none"> • Apples • Pears • Strawberries • Blueberries • Cherries • Peaches • Olives 	
Beverages	<ul style="list-style-type: none"> • Coffee • Tea • Water • 100% fruit juice 	<ul style="list-style-type: none"> • Alcoholic drinks • Fizzy drinks and juices with high fructose content
Dairy	<ul style="list-style-type: none"> • Cheese • Skimmed milk 	
Other	<ul style="list-style-type: none"> • Eggs • Tofu • Nut butters, such as peanut butter and almond butter • Whole-grain breads and cereals • Chocolate and cocoa • Brown rice • Quinoa • Pasta • Barley • Nuts and seeds 	<ul style="list-style-type: none"> • Dried beans • Lentils • Oats • Jarred sauces and condiments with high sugar content • Cereals and cereal bars that are high in sugar • Breads not made with whole grains

The information on this leaflet is not intended to diagnose medical conditions or to take the place of a qualified healthcare professional.