

WHAT IS GOUT ?

Gout is when uric acid produced by the body as part of the metabolic process is over produced or not eliminated enough, creating deposits in the joints that cause movement painful. Purines cause increase in uric acid hence purine rich foods should be avoided.

FOODS HIGH IN PURINES

- Liver, kidney, heart, brain.
- Fish like mackerel, sardines, fish roe & Shell fish.
- Egg yolk.
- Peas, beans and pulses.
- Vegetables like spinach, cauliflower, brinjal, mushroom.
- Fruits-custard apple, chickoo.
- Nuts and oilseeds.
- Fermented foods
- Foods containing bakers yeast (eg. Baked goods and bread).
- Refined sugars, including sucrose and fructose raise uric acid levels.
- Rich foods :greasy, oily foods
- Avoid processed foods, "fast foods," "junk foods,"
- Spices.
- Alcohol.



RECOMMENDATIONS

- Weight reduction if overweight.
- Eat at Regular Intervals. Avoid starvation.
- Avoid heavy, rich meals with high fat and protein content.
- Drink plenty of water (2-3 litres per day) to help flush uric acid through the kidneys.

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