



FamilyMedicalDoctors

SPECIALTY DIET GUIDE

Gout Diet

Reduce common flare triggers without blaming food

Reduce common flare triggers while supporting hydration and a healthy weight.

START HERE

- 1 Choose water instead of sugary drinks; follow any fluid limit.
- 2 Build meals around vegetables, whole grains, plain full-fat dairy, eggs, or tofu.
- 3 Limit alcohol, high-fructose corn syrup, and high-purine animal foods.

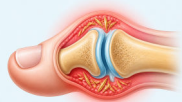


CHOOSE MORE OFTEN

- Water, unless you have a fluid limit
- Vegetables and whole grains
- Plain full-fat dairy
- Eggs and tofu
- Whole fruit, not juice
- Balanced meals for gradual weight loss if advised

LIMIT OR CHECK FIRST

- Organ meats
- Large or frequent servings of red meat
- Sardines, anchovies, and shellfish
- Alcohol, especially beer
- Soda, fruit juice, and high-fructose corn syrup



WHY THESE CHOICES MATTER

The body turns purines into uric acid. Alcohol can raise uric acid and trigger flares, and large fructose loads can raise uric acid quickly. Weight loss may help when appropriate, but crash dieting can backfire. Diet usually changes uric acid only modestly, so prescribed medicine may still be essential.

AN EASY DAY

Breakfast: plain full-fat yogurt, berries, oats. Lunch: vegetable and tofu grain bowl. Dinner: egg-and-vegetable frittata with a whole grain. Snack: cherries or another whole fruit.

CHECK WITH YOUR CLINICIAN

Do not stop urate-lowering medicine when symptoms improve. Do not add vitamin C supplements specifically for gout unless your clinician recommends them.