

Eating with Gout

What genuinely helps, and what has been over-blamed

BE REALISTIC ABOUT DIET IN GOUT

Diet alone usually lowers uric acid by only a small amount. It helps, and it reduces attacks — but **it is not a substitute for your daily tablet**. Patients who stop the medicine and rely on diet alone come back with more attacks and joint damage.

The good news: the few things that matter most are easy to identify.

THE BIGGEST CULPRITS — CUT THESE FIRST

Alcohol, especially beer. Beer is the worst of all — it both adds purines and blocks uric acid removal. Spirits are next. This is the single most effective change most people can make.

Sugary drinks and anything with high-fructose syrup — cold drinks, packaged juices, energy drinks. Fructose raises uric acid directly. Many people do not know this one.

Organ meats — liver, kidney, brain, sweetbread. Very high purine.

Red meat and mutton in large amounts, and **shellfish** — prawns, crab, lobster. Also sardines, anchovies and mackerel.

HELPFUL — EAT MORE OF THESE

Water — 2.5 to 3 litres a day unless restricted. Dilute urine helps clear uric acid and prevents stones.

Low-fat milk and curd — dairy actively lowers uric acid.

Cherries and other dark berries — some real evidence of fewer attacks.

Coffee — associated with lower uric acid.

Vitamin C rich foods — amla, guava, citrus.

Vegetables, whole grains, nuts and eggs — all fine.

UNFAIRLY BLAMED

Dal, rajma, chana, peas, spinach, cauliflower, mushroom and tomato contain purines, but plant purines have **not** been shown to trigger attacks. You do not need to give up dal. Many people needlessly cut out their main protein source and end up worse nourished.

Two more things: lose excess weight **slowly** — crash dieting and fasting raise uric acid and can trigger an attack. And control blood pressure, sugar and cholesterol, which travel with gout.

Search: gout diet, uric acid food, purine, foods to avoid gout

