

# Low Purine Diet



THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

Foods that have high amounts of purines can raise uric acid levels in the body. If you have gout, a form of arthritis, or develop a certain type of kidney stone, your doctor may want you to avoid foods high in purines in order to lower your uric acid levels. You do not need to avoid all foods with purines in them, only foods highest in purines.

## General tips

- **Drink 8 to 12 (8-ounce) glasses of liquid each day** to reduce uric acid in your urine. This will help prevent kidney stones from forming.
- **If you are overweight or obese, lose weight slowly.** Aim to lose 1 to 2 pounds a week. Losing weight too fast can increase uric acid levels in your body.
- **Eat mostly foods high in complex carbohydrates that are also high in fiber, such as fruits, vegetables, and whole grains.**
- Consider getting more of your protein from low-fat and fat-free dairy foods, such as milk and yogurt. These foods lower uric acid levels.
- Coffee (moderate, regular) and cherries may reduce uric acid for gout.

## Purine foods to avoid or limit

- **Ask your doctor about drinking alcohol.** Alcohol increases purines in the body, leading to higher uric levels in urine and blood. Beer and spirits appear to have the largest effect on raising uric levels in the body.
- **Avoid these very high purine foods:**
  - › Anchovies
  - › Bacon
  - › Brains
  - › Cod
  - › Goose
  - › Gravy
  - › Haddock
  - › Heart
  - › Herring
  - › Kidney
  - › Liver
  - › Mackerel
  - › Mincemeat
  - › Mussels
  - › Roe
  - › Sardines
  - › Scallops
  - › Smelt
  - › Sweetbreads
  - › Veal
  - › Venison
  - › Meat based soups
  - › Bouillon
  - › Consommé
  - › Baker's or Brewer's yeast (taken as supplements)

- **Limit these medium purine foods** to 6 ounces daily. 6 ounces looks like 2 decks of cards. It is best to split this amount between 2 or 3 meals and not eat it all at once.
  - Fish (not listed with very high purine foods)
  - Pork
  - Meat (red)
  - Poultry
  - Ham

## Low purine diet sample one day menu

If you have other medical conditions, discuss how this menu needs to change with your dietitian.

### Breakfast:

- 1 to 2 cups cooked oatmeal without added sugar
- 1/2 cup fresh or frozen fruit (can add to oatmeal)
- 2 tablespoons nuts of any kind (can add to oatmeal)
- Coffee or tea with milk (optional)
- 8 ounces or more of water

### Midmorning snack:

- Banana or other fruit
- 6 ounces low sugar yogurt
- 8 ounces or more of water

### Lunch:

- 2 slices 100% whole grain bread
- 3 ounces baked chicken or turkey breast (note: try to avoid lunchmeat as it is high in sodium)
- Lettuce, tomato, onion, and 2 teaspoons mayo and/or mustard on sandwich as desired
- 1 cup sliced raw vegetables, such as baby carrots, pepper strips, cucumbers, etc.
- 1/4 cup hummus or 2 tablespoons light ranch dip
- Orange or other piece of fruit
- 16 ounces or more of water

### Midafternoon snack:

- 1/4 cup mixed nuts or seeds
- Apple or other fruit
- 8 ounces or more of water

### Dinner:

- 1 cups salad with 1 tablespoon olive oil based dressing
- 3 ounces salmon or lean pork
- Medium baked sweet or white potato or 1 cup cooked whole grain, such as brown rice, quinoa, etc.
- 1 cup steamed broccoli or other vegetable with 2 teaspoons olive oil or butter
- 1 cup diced melon or other fruit
- 16 ounces or more of water

### After dinner or before bed:

- 8 ounces or more of water