



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Gout Diet



How to manage Gout?

- Maintain a healthy body weight, by losing weight slowly that can help to reduce uric acid levels, and make sure to keep away from fasting or high-protein diets for weight loss.
- Try to drink 8-16 cups of water daily (half as water).




- During acute attack, try to limit animal foods (see table in the following pages), and eat a protein in moderation; advisable sources: Low-fat, nonfat dairy food, nut butters, and eggs; limit fish, meat, and poultry to 4 to 6 oz/day.

- During remission, a well-balanced eating diet, consume animal food; keep with a moderate amount of protein consumption.




Recommended food

Food Group	Food low in purines (You can eat in any amount)	Food moderate in purines (Stick to the amount shown in the chart)	Food high in purines (No foods must be completely avoided, limitation only)
Beverage 	Water, juice, carbonated beverages, tea, coffee, cocoa.		Alcoholic beverages.
Breads and Cereals 	Breads, pasta, rice, cakes, cornbread, popcorn.	Oatmeal (do not eat more than $\frac{2}{3}$ cup uncooked, daily), wheat bran, wheat germ (do not eat more than $\frac{1}{4}$ cup dry, daily).	



Recommended food

Food Group	Food low in purines (You can eat in any amount)	Food moderate in purines (Stick to the amount shown in the chart)	Food high in purines (No foods must be completely avoided, limitation only).
Condiments 	Salts, herbs, olives, pickles, relishes, vinegar.		
Dairy 	All dairy food (low-fat or nonfat types are best).		
Fats and oils 	All types except gravies and sauces made with meat.		Gravies and sauces made with meat.

Recommended food

Food Group	Food low in purines (You can eat in any amount)	Food moderate in purines (Stick to the amount shown in the chart)	Food high in purines (No foods must be completely avoided, limitation only).
Soups 	Made without meat.	Meat- or fish- based soup, broths, and bouillons.	
Fruit 	All		
Vegetables 	All vegetables but those that are moderate in purines.	Asparagus, cauliflower, spinach, mushrooms, green peas (do not eat more than ½ cup of these vegetables per day).	

Recommended food

Food Group	Food low in purines (You can eat in any amount)	Food moderate in purines (Stick to the amount shown in the chart)	Food high in purines (No foods must be completely avoided, limitation only).
Protein 	Eggs, nuts, peanut butter.	Meat and poultry. Crab, lobster, oysters and shrimp (limit to 1-2serving daily – 1 serving=2-3ounces–). Dried beans, peas. Lentil (limit to 1 cup cooked daily).	sardines ,tuna , scallops , trout (remove fish skin) , bacon , organ meats (such as liver , kidney) tripe , goose.
Others 	Sugar, sweets, gelatin.		Yeast and yeast extract (taken as supplement)

Sources and References:

Academy of Nutrition and Dietetics
nutrition care manual 2021 – 2022

All pictures used are from Canva.com

Review and audit:

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Nutrition at King Fahad University Hospital

Clinical Nutrition Department
Health Awareness Unit
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