Gout: Foods to Avoid

Avoid any foods containing a higher concentration of purines or uric acid. Such as:

- Any organ meat: heart, kidney, sweetbreads, liver, etc.
- Alcohol
- Asparagus
- Fried Foods
- Veal
- Bacon
- Salmon
- Turkey
- Herring
- Scallops
- Mussels
- Yeast
- Smelt
- Sardines
- Mushrooms
- Anchovies
- Grouse
- Partridge
- Trout
- Goose
- Pheasant

Gout: Recommended foods:

Drink plenty of water along with a balanced diet of low-fat, high fiber foods.
Fresh cherries, strawberries, blueberries and other red-blue berries.
Bananas
Celery
Tomatoes
Vegetables such as cabbage, kale and green leafy vegetables
Pineapples
Foods high in vitamin C (red cabbage, red bell peppers, tangerines, oranges)
Low-fat dairy products
Complex, whole grain carbohydrates (breads, cereals, pasta, rice)
Chocolate, cocoa (in moderation)
Coffee, tea
Tofu, although a legume and made from soybeans, it may be a better choice than meat.