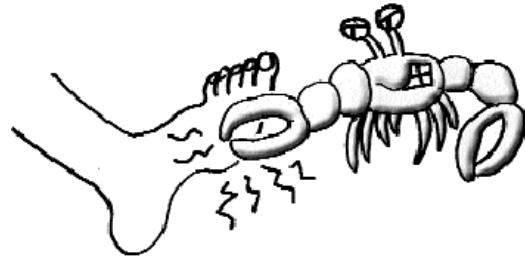


What to Eat When You Have Gout

Gout is a form of arthritis that affects single joints. It is the result of a build up of uric acid crystals in the joint. Drug treatment is usually required but simple dietary changes can help.



Dietary Tips

Dietary excesses, e.g. overeating, fasting, drinking too much alcohol, can cause an attack of gout, as can foods containing too much purine.

- Try to drink at least 2 litres (10 cups) of non-alcoholic fluid each day, as this helps flush the uric acid out of your body.
- Excessive intakes of alcohol should be avoided. Keep within the safe limits for your health and for others, that is, no more than 14 units for women and 21 units for men per week. The maximum that men should drink each day is 4 units and the maximum per day for women is 3 units, while everyone should have 1–2 days' abstinence each week.
1 unit of alcohol = 1/2 pint of beer / 1 small glass wine / 1 measure of spirits
- If you are overweight aim to reduce this.
- Rich fatty foods may cause an attack of Gout. Cut down on fat intake by avoiding oily or fatty foods, using alternative cooking methods to frying and buy lower fat alternative foods when they are available.
- Purines are found in most protein foods, e.g. meat, fish, eggs, and are turned into uric acid by the body. Keep to small portions no more than twice daily. Some foods with particularly large amounts of purines should be avoided altogether, these include:

Fish

Anchovies
Crab
Fish roes
Herrings
Mackerel
Sardines
Sprats
Shrimps
Whitebait

Meat

Heart
Kidneys
Liver
Sweetbreads

Extracts

Yeast extracts eg Marmite, Vegemite
Meat extracts eg Oxo, Bovril