

## PURINE RESTRICTION

Specific kinds of meats and meat extracts contain large amounts of purine. A purine restricted diet precipitates no nutritional inadequacies.

## INDICATIONS RATIONALE

Patients with disorders affecting purine metabolism such as gout and urinary uric acid lithiasis may be advised to reduce their dietary purine intake.

Uric acid stones develop as a result of hyperuricosuria. Uric acid is the end product of purine metabolism. Foods high in purine have a high acid ash content and tend to acidify the urine and increase excretion of uric acid.

## DIETARY MANAGEMENT

Historically, dietary restrictions to reduce the purine content of the diet included limiting total amount of all meats, fish, and poultry since they contain moderate to high amounts of purine. Some vegetables contain low to moderate amounts of purine. Overall, therapy to restrict these foods are unnecessary secondary to the relatively insignificant effect in comparison to medications that are available to reduce uric acid excretion. However, it's prudent to avoid excessive intake of purine concomitantly with medications.

## SPECIFIC DIET RECOMMENDATIONS

Avoid excessive amounts of meat, fish and poultry. Protein intake should not exceed 100 g/day. Avoid extremely high purine foods (See following page). Patients with gout should reduce weight if overweight. Gradual weight loss is stressed since weight loss can aggravate hyperuricosuria and decrease urine pH. Excessive alcohol consumption should also be avoided.

## DIETARY RECOMMENDATIONS FOR GOUT AND HYPERURICEMIA

Purines are normally formed in the body during the metabolic breakdown of nucleoproteins. In certain genetic disorders, including gout, the relatively insoluble purine, *uric acid*, tends to accumulate and deposit in the toes and other joints. Drug treatment is generally prescribed for patients with gout; however, dietary restriction of purine yielding foods may also be advised.

AVOID FOODS HIGHEST IN PURINE (150-825 mg/100 g)	
Anchovies (363 mg/100g)	Herring
Brains	Liver, calf, beef (233 mg/100g)
Kidney, beef (200 mg/100g)	Sardines (295 mg/100g)
Game meats	Scallops
Gravies	Sweetbreads (825 mg/100g)

LIMIT FOODS HIGH IN PURINE (50-150 mg/100 g)	
Asparagus	Meat soups and broths
Breads, whole grain	Mushrooms
Cauliflower	Oatmeal
Cereals, whole grain	Peas, green
Eel	Poultry, chicken, duck, turkey
Fish, fresh and saltwater	Shellfish, crab, lobster, oysters
Legumes, beans, lentils, peas	Spinach
Meat, beef, lamb, pork, veal	Wheat germ and bran

## DIETARY RECOMMENDATIONS FOR GOUT AND HYPERURICEMIA

CONSUME FOODS LOWEST IN PURINE (0-50 m 100 g)	
Coffee, tea	Gelatin
Soft drinks	Milk
Breads, except whole grain	Nuts
Cereals, except whole grain	Sugars
Eggs	Syrups
Fats	Sweets
Fish roe	Vegetables, except those listed above
Fruits and fruit juices	Vegetable and cream soups

Reduce Weight if Overweight

Avoid Alcohol

