



The Low-Purine Diet

LOW-PURINE DIET

A low-purine diet is often prescribed for individuals with gout and Lesch-Nyhan syndrome (a rare genetic disorder that occurs in 1/100,000 people). People with diabetic nephropathy need to restrict proteins, a regimen that includes, but is not limited to, the restrictions imposed by a low-purine diet.

WHY DO PEOPLE FOLLOW THIS DIET?

In people who have gout, uric acid production in the body is increased while its elimination is reduced. The excess uric acid builds up in the bloodstream and is deposited in the small joints or soft tissues. This results in symptoms that resemble arthritis. Purine is a compound that is mainly found in animal protein and is metabolized to uric acid in the body. A high-purine diet, obesity, regular alcohol consumption and diuretic therapy can all contribute to elevated uric acid levels in individuals with gout.

A low-purine diet and medications are commonly used to treat gout. An effective diet is important to avoid or reduce complications and lessen the expense of drug treatment. Restricting calorie intake and alcohol consumption can also reduce uric acid levels. It is also important to drink plenty of fluids to increase uric acid excretion from the body. Alternative sources of protein should be included in a low-purine diet.

To avoid purine ask about ingredients at restaurants and others' homes, and read food labels. The list of foods with varying purine levels on the back page is not complete, but is meant to serve as an example of the levels of purine you can expect to find in certain food groups. Consult with your dietician or healthcare professional before making any significant changes to your diet.

Very High Purine Levels	High Purine Levels	Moderately High Purine Levels	Low Purine Levels
<ul style="list-style-type: none"> • Bouillon, Broth, Gravy • Brains, Heart, Liver, Kidneys • Consomme • Dried legumes • Goose, Partridge • Herring, Mackerel, Sardines, Anchovies • Meat extracts • Minced meat • Mussels, Scallops, Shrimp • Roe • Sweetbreads • Yeast (bakers and brewer's), Yeast extracts (e.g. Marmite, Vegemite) 	<ul style="list-style-type: none"> • Fish • Shellfish • Poultry • Meat (except those with very high to moderate purine content) 	<ul style="list-style-type: none"> • Asparagus • Cauliflower • Legumes • Lentils • Mushrooms • Oatmeal • Peas (dried) • Soy • Spinach • Tripe 	<ul style="list-style-type: none"> • Beverages (carbonated) • Cereals and Cereal Products • Cocoa (caffeine is prohibited in Lesch-Nyhan syndrome) • Corn, Corn Bread • Fruit, Fruit Juices • Gelatin • Milk, Ice Cream, Cheeses (all kinds), Butter, Eggs • Noodles • Nuts • Refined Wheat Flour • White Rice, Tapioca • Most vegetables • White bread and crackers (not whole wheat)

Foods that have very high purine levels should be avoided. These foods contain 150 to 1,000 mg of purine in 100gm (3-1/2 ounces) of food item.

Foods that have high to moderately-high purine levels should be limited. These foods contain 50 to 150 mg per 100 grams. Limit to no more than one serving a day.

Foods that contain little or no purines have no limit on use other than to limit total calorie intake.

Notes:
