

Your diet plays an important role in both causing gout and reducing the likelihood of suffering further painful attacks of gout.

If you already suffer from gout, you are more likely of having a gout attack by eating a diet that is rich in purines.<sup>1,2</sup>

**GOUT**  
KNOW my

**Speak to your Doctor or Pharmacist about long term treatment options for gout available from Aspen**



## A healthy gout diet: <sup>2,3</sup>



### Lose weight

Being overweight increases the risk of developing gout.

Reducing the number of calories and losing weight lowers uric acid levels and reduces the number of gout attacks.



### Limit daily proteins from lean meat, fish and poultry

Add protein to your diet with low-fat or fat-free dairy products, such as low-fat yoghurt or skim milk, which are associated with reduced uric acid levels.



### Drink more water

Keep yourself hydrated by drinking water.

An increase in water consumption has been linked to fewer gout attacks. Talk to your doctor about appropriate fluid intake goals for you.



### Eat more complex carbohydrates

Eat more fruits, vegetables and whole grains.

Avoid foods such as white bread, cakes, sweets, sugar-sweetened beverages and products with high-fructose corn syrup.



### Limit alcoholic beverages and drinks sweetened with fruit sugar (fructose)

The metabolism of alcohol in your body is thought to increase uric acid production, and alcohol contributes to dehydration. Beer is associated with an increased risk of gout and recurring attacks, as are distilled liquors to some extent.

Uric acid is made in the body from the breakdown of purines that come from your diet. It is advisable to reduce the amounts of foods that you eat that are high purines.<sup>1</sup>

Some foods should be avoided, but not all foods with purines should be eliminated.<sup>2</sup>



<b>HIGH PURINE FOODS</b> (avoid) <sup>1</sup>	Offal - liver and kidneys, heart and sweetbreads	
	Game - pheasant, rabbit, venison	
	Oily fish - anchovies, herring, mackerel, sardines, sprats, whitebait, trout	
	Seafood - especially mussels, crab, shrimps and other shellfish, fish roe, caviar	
	Meat and Yeast Extracts - Marmite, Bovril, commercial gravy as well as beer	
<b>MODERATE PURINE FOODS</b> (eat in moderation) <sup>1</sup>	Meat - beef, lamb, chicken, pork	
	Poultry - chicken and duck	
	Dried peas, beans and legumes - baked beans, kidney beans, soya beans and peas	
	Mushrooms and mycoprotein	
	Some vegetables - asparagus, cauliflower, spinach	
	Wholegrains - bran, oatbran, wholemeal bread	
<b>LOW PURINE FOODS</b> <sup>1</sup>	Dairy - milk, cheese, yoghurt, butter	
	Eggs	
	Bread and cereals (except wholegrain)	
	Pasta and noodles	
	Fruit and vegetables (see moderate purine list)	

**Brought to you by Aspen in the interest of patient education.**

**The information provided is for educational purposes and does not replace the advice from your Doctor.**

**For more information please speak to your Doctor or Pharmacist.**



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**References:** 1. UK Gout Society. All about gout and diet. Available at URL: <http://www.ukgoutsociety.org/PDFs/goutsociety-allaboutgoutanddiet-0917.pdf> Accessed November 2020. 2. Mayo Clinic Staff. Nutrition and Healthy Eating. Available from URL: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gout-diet/art-20048524?pg=1> Accessed November 2020. 3. Mayo Clinic Staff. Gout: Diagnosis and Treatment. Available at URL: <https://www.mayoclinic.org/diseases-conditions/gout/diagnosis-treatment/drc-20372903> Accessed November 2021. Trademarks are owned by or licensed to the Aspen Group of companies. © 2020 Aspen Group of companies or its licensor. All rights reserved. Pharmacare Limited. Co. Reg. No.: 1898/000252/06. Healthcare Park, Woodlands Drive, Woodmead, 2191. ZAR-ALL-10-20-00003 01/21