



Gout & Nutrition

Gout is a type of arthritis caused by the build-up of uric acid in the blood that leads to joint inflammation. Foods that contain purines can lead to an increased production of uric acid. Following a **low purine diet** may help with the management of gout. General nutrition-related recommendations for the management of gout include:

- **Meats:** Limit all meat and seafood to 3 oz a meal, which is about the size of a deck of cards.
 - Focus on vegetarian sources of protein such as nuts, nut butters, and eggs
 - Limit gravies, sauces, and soups made with meat
- **Alcohol:** Beer and other alcoholic beverages should be avoided or limited based on your doctor's recommendation.
- **Water:** Drink plenty of fluid, especially water (8 to 16 cups per day).



Check with a dietitian or doctor for your specific dietary needs.

Additional Notes:

Wesley Glen
(614) 888-7492

Wesley Ridge
(614) 759-0023

Life Center
(614) 866-7212

