

Gout Diet and Preventing Foot Pain

Because Gout is more prevalent in overweight people it is important to maintain a healthy body weight. In addition, drinking more water can help flush uric acid crystals out. Alcohol can make an attack worse, so you should avoid alcoholic beverages during an attack. Medications prescribed by a podiatrist can help, but it is very helpful to follow a low purine diet. A "gout diet" means eating **less "High Purine"** foods and eating **more "Low Purine"** foods instead.

High Purine Foods - Avoid

Foods You Should Avoid

Beer, anchovies, organ meat (brains, kidney, liver) game meats (duck, deer, quail), gravy, yeast, sweetbread, meat extract, boudin, sardine, herring, mackerel, scallops.

Medium Purine Foods - Eat in Moderation

Fresh and saltwater fish, shellfish (shrimp, lobster, crab, crawfish, clams), eel, beef, pork, chicken, turkey, meat soups and broth, asparagus, mushrooms, cauliflower, spinach, legumes, oatmeal, bran, wheat germ, whole-grain breads and cereals, eggs.

Low Purine Foods - No Restriction

Breads and cereals (low-fiber, white flour, or refined grain types), nuts, peanut butter. Vegetables not high in purines, soups - cream style or vegetable without meat extract, coffee, tea, fruit juices, soft drinks, gelatin, sugar, low fat cheeses.

Gout Diet - Foods That May Help

Some people find that cherry juice or strawberries are helpful. Chemicals contained in dark berries may help reduce the painful inflammation and lower the uric acid.

Oily fish like salmon, or fatty acids in flax seed or olive oil or nuts may reduce inflammation too. It has been suggested that using tofu (from soybeans) instead of meat could also be helpful.

A balanced diet for gout sufferers includes foods that are high in complex carbohydrates, low in protein and low in fat.

If you have an attack of gout and want the best treatment right now, Dr. Segler makes podiatry house calls 24/7 in the San Francisco Bay Area.