

# Diet to Manage High Uric Acid Levels and Gout - Chinese Foods

- ▶ Gout happens when there is too much uric acid in the blood, causing crystals to form in the joints and soft tissues. Uric acid is a natural waste product from the digestion of foods that contain purines. A healthy diet can help lower the uric acid level in the body. You may also need to take medications to reduce uric acid level.

## Foods That Help To Control Gout

**Include vegetables and fruits in your meals and snacks.** Choose whole vegetables and fruits instead of their juices.



**Stay hydrated.** Speak with your kidney dietitian about your fluid needs.



**Choose unsweetened soy beverage, low fat milk (skim, 1%, 2%) and milk products.**

Examples of low fat milk products include low fat yogurt (0%, 1% and 2% M.F.) and lower fat cheese (less than 20% M.F.).



## Purine Foods To Eat In Moderation

**Choose plant-based protein sources more often, and limit the portion of animal protein.** The purines in plant-based proteins are not linked with increases in uric acid or risk for gout symptoms. Examples of plant-based protein sources include tofu, beans, lentils, unsalted nuts and seeds, and natural peanut butter.



**Eat an appropriate amount of protein.**

Speak with your dietitian about your protein needs.



## Avoid Or Limit, Especially During A Gout Attack

### Foods that are high in purines:



Organ meats



Dried sakura shrimp



Dried whitebait



Anchovies, sardines, and herring



Shrimp



Rainbow trout



Tuna



Squid



Gravy



Beer



Chicken stock and chicken essence

### Sugar and high-sugar foods and beverages, such as:



### All alcohol, especially beer.



*Note: This handout does not replace consultation with your kidney dietitian or health care provider.*