

Eating Guidelines for Gout

Eating and Gout

- High levels of uric acid in your body may cause gout and kidney stones.
- The level of uric acid in your body depends on three things: the amount your body makes on its own; the amount of uric acid your body gets rid of; and the amount of purine you eat.
- You may need to take medicine to lower the amount of uric acid in your body.
- **One-third** of the purine your body handles comes from your diet, so your chances of gout may be lower if you eat less purine.



Steps You Can Take

Follow a healthy diet based on **Eating Well with Canada's Food Guide** (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>):

- Eat plenty of whole grains, vegetables and fruit.
- Each day, have 2 to 3 servings from the milk and alternatives food group. Having milk and milk products each day may lower the risk of gout. Good choices include low fat milk and milk products like skim or 1% milk (one serving is 250 mL or 1 cup), low fat yogurt (one serving is 175 grams or $\frac{3}{4}$ cup), or low fat cheese (one serving is 50 grams or 1 $\frac{1}{2}$ oz).
- Each day, eat 2 to 3 servings of meat, fish, poultry, eggs or meat and alternatives like soy foods, lentils, dried beans and peas and nut butters.
Examples of one servings is 75 grams (2 $\frac{1}{2}$ oz) of meat, fish or poultry; or 2 eggs; or 175 mL ($\frac{3}{4}$ cup) cooked legumes; or 150 grams ($\frac{3}{4}$ cup) tofu; or 30 mL (2 Tbsp) peanut butter.
Eating more servings of larger servings of these foods may increase your risk of gout.
- Regularly include small amounts of healthy fats, like canola oil, walnuts and flaxseeds in your diet.
- Some foods are higher in **purine** than others. **Limit foods that contain a high amount of purine, including:**

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- dried porcini mushrooms, anchovies, sardines, herring, trout, salmon, mackerel, ocean perch, shrimp, haddock, herring roe, carp, organ meats, horsemeat, liverwurst and soybeans

- Drink 2 to 3 litres of fluids each day. Aim for at least half of this from water
- Limit the amount of alcohol you drink to one drink per day or do not drink alcohol. Alcohol can make your uric acid levels go up. Wine or hard liquor may be a better choice than beer, as beer contains purine. Talk with your doctor if you are unsure about alcohol use.
Examples of one serving is 150 mL (5 oz) of wine, 350 mL (12 oz) of beer, or 50 mL (1 ½ oz) of hard liquor.
- Keep your body weight in a healthy range by following Canada's Food Guide and being active everyday.
- If you are overweight, aim for a slow gradual weight loss of ½ to 1 kg (1 to 2 pounds) per week.
 - Follow a balanced eating pattern based on Canada's Food Guide.
 - Choose high fibre foods.
 - Choose small amounts of healthy fats and oils.



Additional Resources

Eating Well with Canada's Food Guide. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

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Notes

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