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Gout Diet

Gout is a painful form of arthritis that occurs when uric acid crystals accumulate in connective tissues or between joints. This happens when the body is either producing too much uric acid or the kidneys are not processing and disposing enough. The result is severe inflammation, which leads to swelling, stiffness, and acute pain. If ignored, uric acid crystals can accumulate in the kidneys and cause kidney stones.

Diet plays a crucial role in the management of gout symptoms. In addition to decreasing foods that add to the uric acid overload, it's important to maintain a healthy weight and include daily physical activity. It's recommended that at least two liters of water be consumed daily to help flush out waste products from the kidneys.

The Gout Diet guidelines include limiting meat, poultry, and fish, choosing more plant-based proteins, limiting or avoiding alcohol (especially beer), drinking plenty of water, choosing low-fat or fat-free dairy products, limiting or avoiding sugar, and choosing complex carbohydrates over refined or "white" carbs.

When following this diet, breakfast might be whole grain cereal with skim milk and fruit, juice, and coffee. Lunch could be lean poultry or fish on whole wheat bread with lettuce and tomato, and dinner might be baked chicken with steamed broccoli, a salad, fruit, and a baked potato.

Foods to include:

- Most vegetables
- Fruits
- Whole grains
- Lean poultry
- Lean fish
- Beans
- Low-fat or fat-free dairy

Foods to avoid:

- Meat
- Eggs
- Animal organs: Brain, heart, liver, and kidney
- Alcohol
- Dried beans and peas
- Asparagus
- Mushrooms
- Spinach
- Bouillon, gravy, and broth
- Baker's and brewer's yeast

Supplements to avoid:

- Trace mineral supplements containing molybdenum
- Vitamin C in large doses
- Niacin in high doses
- Iron

Pros:

- May be a natural cure for gout
- Emphasizes whole foods
- May support weight loss

Cons:

- Very restrictive
- May be difficult for some to cut out alcohol
- Some may require banned supplements for other health reasons

Sources:

Gout Diet www.mayoclinic.com (http://www.mayoclinic.com)

Diet and Gout www.johnshopkinshealthalerts.com (http://www.johnshopkinshealthalerts.com)

Gout Diet and Foods that Cause Gout www.goutdiettips.com (http://www.goutdiettips.com)