



## Diet & Lifestyle

### Fats and Oils

- **Healthy Oils:** Recommend healthy oils such as olive, canola, sunflower, coconut, soy, and corn.
- **Bad Fats:** Limit butter. Avoid trans fats.
- **Good Fats:** Healthy fats, including omega 3 fatty acids and unsaturated fats are recommended as part of a healthy, well-balanced diet.

### Healthy Protein

- **Limit:** Limit sources of protein, especially red meats, the main source of purines (e.g., beef, pork, lamb). Avoid processed meats (e.g., bacon, cold cuts).
- **Seafood:** Tailor seafood intake. Seafood (tuna, dark fish, shrimp, lobster, scallops) is associated with a high risk of gout. Consuming heart-healthy fish (salmon, mackerel, herring, lake trout) is recommended as part of a healthy balanced diet.
- **Poultry:** Recommend a healthier source of protein and does not increase the risk of gout flares.
- **Nuts and Legumes:** (beans and lentils), despite their high purine content, are associated with lower risk of gout and are healthy dietary choices for gout patients.

### Whole Grains

- **Limit:** refined grains (e.g., white rice, white bread).
- Eat whole grains, brown rice, whole-wheat bread, and whole-grain pasta.
- Fiber helps move waste (uric acid) through the digestive tract

### Fruits

- **Fruit:** Recommend plenty of fruits of all colors. Daily fruit intake is recommended as part of a healthy, well-balanced diet. Make half the plate fruits and vegetables.
- **Vitamin C:** Recommend taking a vitamin C supplement, as it may be a useful option to prevent the development of gout in the first place.
- **Cherry Juice:** Intake of cherry products has been shown to reduce the risk of recurrent gouty flares.



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### Vegetables

- **Vegetables:** Recommend a variety of vegetables. Make half the plate vegetables and fruit as part of a healthy, well-balanced diet.
- **Potatoes:** Choose vegetables other than potatoes.
- **Purines:** Purine-rich vegetables (spinach, mushrooms, cauliflower), nuts and legumes (beans and lentils) are not associated with the risk of gout and are healthy dietary choices for gout patients.

### Sugary Drinks

- **Sodas:** Eliminate sugar-sweetened beverages. In increased amounts, they are strongly associated with a higher risk of gout in men and women.
- **Fructose:** Fruit juices that are high in fructose increase sUA levels and the risk of gout.
- **High Fructose Corn Syrup:** HFCS intake has been linked to increased insulin resistance, a positive energy balance, weight gain, obesity, type 2 diabetes, an increased risk of certain cancers, and symptomatic gallstone disease.

### Alcohol

- **Beer and Liquor:** Recommend limiting alcoholic beverages, particularly beer and liquor. Beer and liquor break down into uric acid and thus increase the risk of gouty flares
- **Wine:** In moderation, wine has a protective effect against cardiovascular disease.
- **Limit:** Limit to one to two drinks per day for men. Limit one drink per day for women. Recommend avoiding alcohol during flares and for uncontrolled gout.

### Water

- **Water:** Recommend drinking lots of water. Water is the best option for beverage choice.
- **Low-fat Milk:** Low-fat dairy products have been shown to lower the risk of gout flares.
- **Tea and Coffee:** Use little or no sugar in your tea or coffee. Drinking caffeinated beverages in limited amounts has also been shown to lower the risk of gout