Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Diet for Gout

What is Gout?
Gout is a type of arthritis [joint pain and swelling] caused by high levels of uric acid in the blood. This can cause uric acid crystals [tiny sharp pieces] to form in your joints, causing a gout flare-up [sudden severe pain and swelling]. You may take medicines to lower uric acid levels. However, eating healthy foods and living a healthy lifestyle is also important to prevent and manage gout.

Food tips to reduce your risk of gout attacks





<u>Tip #1: Keep a healthy body weight</u>
If you are overweight, try to lose weight slowly (0.5 - 1.0 kg per week) by eating healthy foods and exercising regularly. Do not lose weight too quickly as this may raise your uric acid level.

<u>Tip #2: Stay away from high purine foods</u>
Your body makes uric acid when it breaks down foods that contain purine
[a natural substance found in many foods]. Stay away from foods that
have a lot of purine (see back page for examples).



<u>Tip #3: Avoid or limit alcohol</u>
Alcohol (especially beer and spirits) can cause uric acid to build up in your body. Do not drink more than 1 standard drink per day (1 standard drink = 330ml regular beer/ 100ml wine/ 30ml spirit).



Tip #4: Avoid too much fructose



Fructose [a type of sugar] is found in sugar-sweetened drinks and fruit juices. It raises uric acid levels in your body and may cause more gout attacks. Drinking too much of these products may also cause unwanted weight gain.

Tip #5: Drink plenty of fluids



Try to drink 8 cups (2L) of fluids every day. Talk to your doctor if you were told to limit how much you drink.

High Purine Foods

Tip #2 (continued): High Purine Foods - Stay Away From These

- Organ Meats


Kidney


Liver


Stomach

- Seafoods


Scallops


Fish roe


Mussels

- Fish


Mackerel


Sardines


Trout


Anchovies


Dried shrimp


Dried fish

- Meat & Yeast extracts



Yeast extracts



Stock cubes


Gravies/Bone broth


Supplements (e.g. yeast, chlorella, spirulina)

In general, **meat and seafood** have moderate amounts of purine. However, they also have many important nutrients and should not be completely removed from your diet. The key is to **not eat too much of them.**

Some types of **vegetables** (like mushroom, spinach, broccoli) and **legumes** [beans and peas] (like soybeans, lentils and peas) have higher purine content. However, they **do not** increase the risk of gout attacks, and are **recommended** as part of a healthy, balanced diet.

Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

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