

PURINE CONTENT IN FOOD

Many advisers tell gout sufferers to avoid anything over 400mg and restrict foods in the 100-400mg range, but you should treat this advice with caution.

Firstly, you must realize that typical portion sizes vary enormously.

Be sure to calculate the amount that applies to your typical serving size from the value shown for 100 grams.

Secondly, the effect of foods high in uric acid depends on direct absorption through the digestive tract. Most uric acid derives from the breakdown of your cells as part of normal metabolism. The overall contribution of foods high in uric acid is debatable – figures of between 5% and 15% are common.

- **Seafood:** It is suggested that a [healthy diet](#) includes a lot of fish, but people who have gout should be aware that some seafood can raise levels of uric acid in the blood, and may make gout worse.
 - High purine content seafood: Anchovies, codfish, haddock, herring, mackerel, mussels, sardines, scallops, trout
 - Medium purine content seafood: Crab, lobster, oysters, shrimp.
- **Meat:** Though no longer part of a common diet in the United States, organ meats, such as liver, sweetbreads, and brains, are most dangerous for those with gout.
 - High purine content meat: Bacon, turkey, veal, venison
 - Medium purine content meat: Beef, [chicken](#), duck, ham, pork
- **Vegetables:** No link have been shown by studies between high-purine vegetables and gout to the same degree as with animal-based purines, suggesting other factors than purine content also play a role. But, there are some beans that are particularly high in purines, so people with severe gout may want to avoid them.
 - Purine-rich vegetables: Asparagus, dried beans (especially fava and garbanzo), mushrooms, peas, spinach, cauliflower
- **Beer**, and other **alcoholic beverages** are also recommended to avoid by people who have gout. Alcohol contains low levels of purines, but drinking large amounts of alcohol can shove the level of purines higher than is healthy for people with gout.

