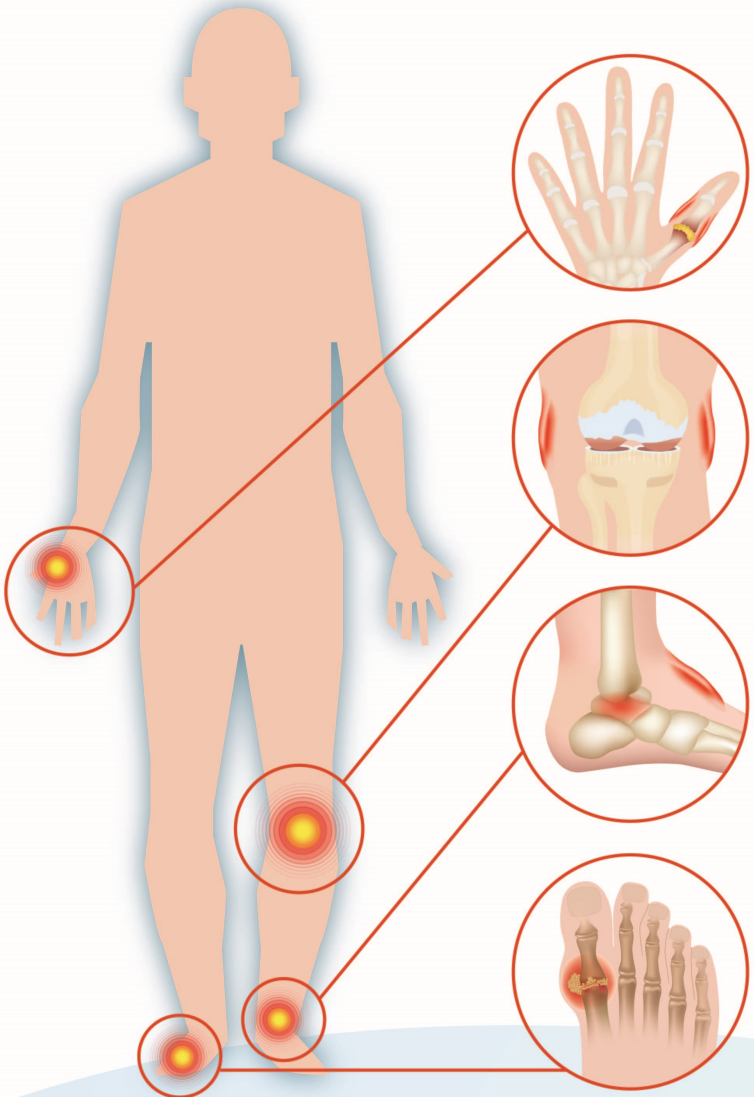


# DIETARY MANAGEMENT OF GOUT



**Limit high-purine foods** such as organ meats, seafood, poultry, fish, meat and yeast extracts, stock cubes, broths and gravies.

Although poultry and fish are purine-containing foods, they also comprise many essential nutrients. So do not cut them out altogether or consume them excessively.

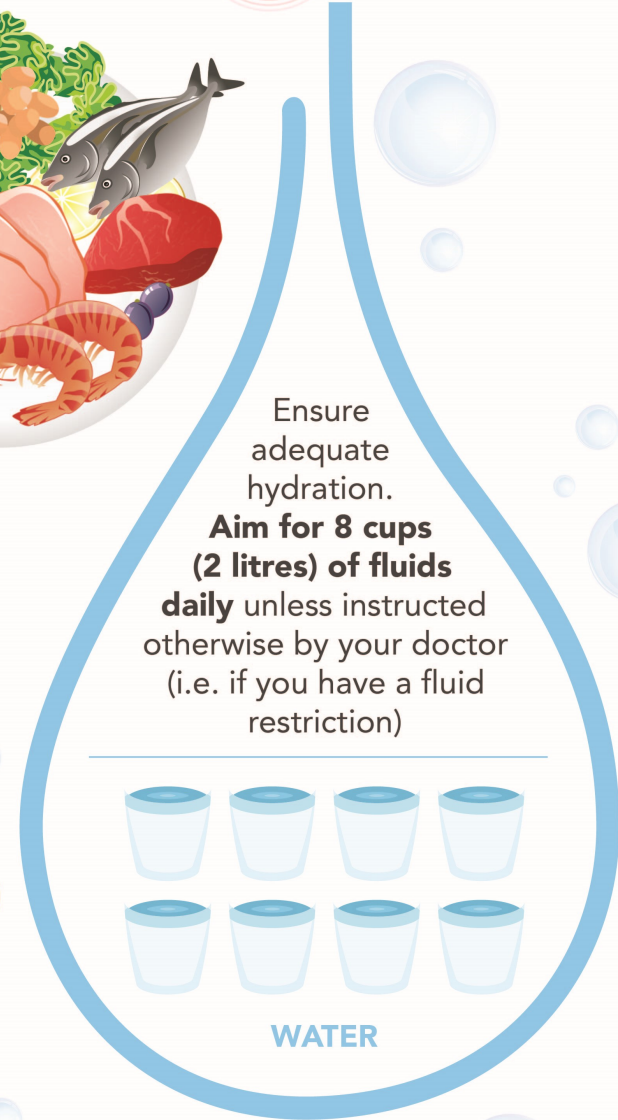
Some types of vegetables and legumes (beans, lentils and peas) contain a **moderate amount of purine**. However, they will not increase the risk of gout attacks and are encouraged as part of a **healthy, balanced diet**.



**Limit fructose** in sugar sweetened beverages and fruit juices to reduce risk of gout attacks and weight gain. Choose water over these beverages.



**Limit alcohol** as it disrupts the removal of uric acid from the body. Your body may prioritise removing alcohol over removing uric acid. Thus, it is recommended to avoid alcohol altogether.



Ensure adequate hydration.  
**Aim for 8 cups (2 litres) of fluids daily** unless instructed otherwise by your doctor (i.e. if you have a fluid restriction)



WATER



Should you have further queries, do seek clarification from your doctor or speak to your dietitian for individualised dietary advice.