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Gout Diet

Gout is a disorder of protein metabolism that leads to abnormally high levels of uric acid in the blood which produce acute and chronic arthritis. The arthritic attacks are produced by the deposition of uric acid crystals into the joints and over the span of years, the progressive accumulation of these crystals and recurrent inflammation, leads to chronic degenerative arthritis. Although any joint can be affected, the great toe (90%), instep, ankle, heel, knee and wrist are most commonly involved. The deposited crystals, called tophi, develop in the soft tissues (ligaments, tendons and bursa) around the joints and can also occur in the kidneys, hands and feet, aorta, heart muscle and heart valves, and possibly the nervous system or eyes. The high levels of uric acid in the blood can be due to its overproduction, its reduced urinary excretion, or a combination of both. Most cases of gout are due to excessive uric acid production of unknown cause. Some drugs, dietary levels of purines (a form of protein) and alcohol can be responsible for increased uric acid levels in the blood.

The following foods are detrimental to one's health and some have been specifically associated with increased uric acid production, gout and arthritis and should be COMPLETELY AVOIDED:

- high purine foods: red meats, organ meats, seafood, lentils, beans, peas
*LIMIT to two (2) servings of above per week maximum
- alcohol: beer, wine, liquor
- niteshade vegetables: eggplant, pepper, tomatoes, white potatoes, paprika, tobacco
- citrus fruits and juices (lemon with water is O.K.)
- sugar: all forms- raw, turbinado, honey, maple syrup, fructose, dextrose, maltodextrin, corn sweeteners, corn syrup, high fructose syrup, etc.
READ LABELS: the ending "ose" designates a type of sugar
- refined carbohydrates: pizza, bagels, rolls, cakes, cookies, candy, etc.
- dairy foods: margarine, cream, ice cream, cheese, milk and milk products-
butter can be used sparingly
- fried foods (stir-frying is O.K.)

The following foods are recommended to enhance detoxification and reduce one's exposure to chemicals and additives in foods:

- organic, local grown, fresh vegetables: steamed, stir-fried, raw
NO raw spinach, zucchini, broccoli
NO cauliflower or Brussel sprouts
- organic, local grown, fresh fruits: NO raisins, dates, dried fruits
*LIMIT fruit to one/day or one glass of juice/day (dilute with water)
- organic meats and poultry and fresh fish: NO veal, duck, shellfish
- whole grains: brown rice, wheat, bulghur, rye, millet, oats, barley, etc.
whole grain bread, pasta, muffins, etc.
- nuts and seeds: almonds, cashews, pumpkin, sunflower
- beverages: distilled or spring water, lemon and water, vegetable juice, natural fruit juice, coffee limit to 1 cup/day, low salt seltzer, coffee substitutes- Roma, Pero, Kafix, etc.
- salad dressing: lemon, garlic with oil: NO vinegar
- spices and seasonings: garlic, ginger, parsley, cayenne pepper NO black pepper

Gout Menu

Upon Rising: Drink a glass of distilled or spring water with the juice of 1/4 fresh lemon

Breakfast: 1 cup of coffee or grain beverage (Roma, Kafix, Pero, etc.)

Choice of:

- a) hot or cold cereal with rice milk or diluted apple juice: health food store brands, NutriGrain, Shredded Wheat, Quaker Oats, Wheatena, Oat Bran, etc.
- b) 1-2 eggs (organic, from free-running hens) with whole grain toast
- c) homemade whole grain muffin with natural jelly (Sorrell Ridge, Woodstock, Polaner, Smucker's Simply Fruit)
- e) Nutri Grain waffles with natural jelly (see above)
- f) whole grain pancakes with natural jelly (see above)

Lunch:

Choice of:

- a) salad with sprouts (any kind), dressing: lemon, garlic with oil
grated carrot, radish, cucumber, endive, escarole, chickory,
watercress, avocado
additions to the salad may include:
rice, hard-boiled egg (if eggs not eaten earlier)
- b) tabouli salad (bulgar wheat- available in health food stores)
- c) sandwich with whole grain bread, lettuce and sprouts:
organic turkey breast, tuna (water packed, solid white meat), organic chicken, egg salad with soy mayonnaise (if eggs not eaten earlier), veggie burger
- d) homemade soup

Dinner: salad (see above)

Choice of Protein:

- a) 1-2 eggs (if eggs not eaten earlier)
- b) organic chicken, turkey or beef: roasted, baked, broiled- NOT fried
- c) fresh fish (not breaded): broiled, poached, baked- NOT fried

Choice of Complex Carbohydrate:

- a) whole grain (brown, rice, kasha, millet, bulghur, barley, oat, rye, etc.)
- b) whole grain bread, pita or crackers
- c) whole grain pasta
- d) squash
- e) red skinned potatoe, sweet potatoe or yam

Unlimited vegetables: steamed, stir-fried or raw

Homemade soup with any ingredients from above

Snacks:

- a) rice cracker with nut butter (almond or cashew) or natural jelly (see above)
- b) plain popcorn (NO salt or butter)
- c) seeds or nuts: sunflower, almond or cashew: limit to 2-3 ozs.
- d) carrot sticks
- e) piece of fresh fruit (limit to one per day)

Sample Diet:

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Mon.	cereal with rice milk	mixed salad with chickpeas	mixed salad, rice, chicken, veg.
Tues.	1 egg with toast	homemade soup mixed salad whole grain bread	mixed salad fish, potato
Weds.	waffle with natural jelly	mixed salad tuna sandwich	mixed salad pasta with vegs. whole grain bread
Thurs.	whole grain pancakes with natural jelly	mixed salad turkey sandwich	mixed salad rice and beans, veg.
Fri.	cereal with rice milk	mixed salad with rice, pita	mixed salad homemade soup whole grain bread
Sat.	homemade muffins with natural jelly	mixed salad chicken sandwich	mixed salad tofu and vegs.
Sun.	1egg with toast	tabouli salad whole grain bread	mixed salad chicken, vegs.

Supplementation:

- Vitamin C: increases uric acid excretion 2-3,000 mg/day
- Folic acid; reduces uric acid production 10-75 mg/day