

Purine-Restricted Diet: Care Instructions



Your Care Instructions

Purines are substances that are found in some foods. Your body turns purines into uric acid. High levels of uric acid can cause gout, which is a form of arthritis that causes pain and inflammation in joints.

You may be able to help control the amount of uric acid in your body by limiting high-purine foods in your diet.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Plan your meals and snacks around foods that are low in purines and are safe for you to eat. These foods include:
 - Green vegetables and tomatoes.
 - Fruits.
 - Whole-grain breads, rice, and cereals.
 - Eggs, peanut butter, and nuts.
 - Low-fat milk, cheese, and other milk products.
 - Popcorn.
 - Gelatin desserts, chocolate, cocoa, and cakes and sweets, in small amounts.
- You can eat certain foods that are medium-high in purines, but eat them only once in a while. These foods include:
 - Legumes, such as dried beans and dried peas. You can have 1 cup cooked legumes each day.

- Asparagus, cauliflower, spinach, mushrooms, and green peas.
- Fish and seafood (other than very high-purine seafood).
- Oatmeal, wheat bran, and wheat germ.
- Limit very high-purine foods, including:
 - Organ meats, such as liver, kidneys, sweetbreads, and brains.
 - Meats, including bacon, beef, pork, and lamb.
 - Game meats and any other meats in large amounts.
 - Anchovies, sardines, herring, mackerel, and scallops.
 - Gravy.
 - Beer.

Where can you learn more?

Go to <https://www.healthwise.net/PatientEd>

Enter **F448** in the search box to learn more about "**Purine-Restricted Diet: Care Instructions**".

©2006-2023 Healthwise, Incorporated.

This care instruction is for use with your licensed healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.