

LOW PURINE DIET TO REDUCE URIC ACID

FOODS ALLOWED:

BEVERAGES

Milk and milk drinks, carbonated beverages, cereal/grain beverages.

BREADS & CEREALS

All

DESSERTS

Custards made with skim milk, gelatin desserts, low fat cookies, cakes, and puddings. Ice cream only in relation to total fat allowance.

FAT

All used in moderation only

FRUIT & FRUIT JUICES

All. Highly recommended: cherries and cherry juice; blueberries and blueberry juice

MEAT & FISH

Fish, fowl and baked ham

EGGS OR CHEESE

All eggs and cheese.

POTATO OR SUBSTITUTE

All

SOUPS

Milk soups made with vegetables allowed

VEGETABLES

Most common vegetables

MISCELLANEOUS

Condiments, herbs, nuts, olives, peanut butter, pickles, popcorn, relishes, salt, spices, vinegar, white sauce



FOODS TO AVOID:

BEVERAGES

Coffee, tea and alcoholic beverages,
chocolate, cocoa, caffeine containing
soft drinks

BREADS & CEREALS

Wheat Germ

DESSERTS

Rich desserts such as mince meat,
pastry, high fat cookies and cakes,
whipped cream.

MEAT & FISH

Meats such as beef, lamb, pork and all
fried meats.

POTATO OR SUBSTITUTE

Fried potato, potato chips

SOUPS

Broth, bouillon, consommé, meat stock
soups.

MISCELLANEOUS

Gravy and yeast