



GOUT

- Uric acid is a byproduct of the breakdown of food. It is released into the blood as a waste product.
- Gout is a type of arthritis that develops over time when there are high levels of uric acid in the blood. The uric acid forms crystals in the joints (very often the big toe) which causes inflammation, pain and tenderness.

Purines

Uric acid is commonly found in foods containing purines, so reducing purines in your diet can help to manage gout.

Purines are mostly found in protein-rich foods:

- **Seafood** – anchovies, mussels, sardines and shellfish.
Consume these in small portions.
- **Red meat** – *consume in small portions.*
- **Offal** – *avoid.*



FACT:
Purines are also found in plants like cauliflower, spinach and lentils, but these do not appear to have the same association with gout.

Due to their yeast content, beer and Vegemite also contain purines.

Other considerations



Alcohol is positively associated with gout attacks as it increases uric acid levels. Reducing your intake of all types of alcohol is important.



People who are overweight more commonly experience gout, so weight loss can be helpful if you are overweight. If you try to lose weight, go slow and steady. Rapid weight loss can increase uric acid in the blood.

Dairy products may assist in reducing uric acid levels. Include milk, yoghurt and cheese in your diet each day.



Drinking enough fluid can dilute uric acid levels. Aim for at least 2L per day.

Animal sources of purines are more strongly associated with gout.