

High Uric Acid Foods Chart

Patient information	
Patient name:	Gender:
Date of birth:	Uric acid levels:
Physician notes:	
Physician's name:	Contact information:
What to avoid or limit	
<ul style="list-style-type: none">• Red meats (bacon, turkey, veal, venison)• Organ meat (liver, tongue)• Some vegetables (mushroom, spinach, and asparagus)• Alcoholic beverages• High-purine seafood (sardines, anchovies, shellfish)• Sugary or high-fructose food and drink	
What to eat	
<ul style="list-style-type: none">• Fresh fruit (opt for low fructose options and citrus)• Vegetable proteins (peas, beans, leafy starchy greens)• Low-fat and non-dairy fat products• Lean poultry (chicken breast)• Eggs, peanut butter, nuts (in moderation)• Caffeinated coffee	
Dietitian/Nutritionist notes	

References

Arthritis Foundation. (n.d.). *Gout diet dos and donts*. www.arthritis.org. <https://www.arthritis.org/health-wellness/healthy-living/nutrition/healthy-eating/gout-diet-dos-and-dont>

University of Maryland Medical System. (2023, July 3). *7 foods that trigger gout*. <https://health.umms.org/2023/07/03/7-foods-that-trigger-gout/>