

High Uric Acid Foods Chart

Patient Information
Patient Name:
Gender:
Date of Birth:
Uric Acid Levels:
Notes:
Referring Physician's Name:
Contact Information:

What to Avoid or Limit	What to Eat
<ul style="list-style-type: none">• Red Meat (Meat, Beef, Pork)• Organ Meat• Some Vegetables (Mushroom, Spinach, and Asparagus)• Seafood (Shellfish, Sardines, Tuna, and Anchovies)• Alcohol• Sugary or High-fructose food and drinks	<ul style="list-style-type: none">• Fresh Fruit and Vegetables• Low fat and non-dairy fat products• Starchy Carbohydrates (Rice, Potatoes, Pasta, Bread)• Some pulses, eggs, beans, meat, and fish• Nuts, peanut butter, and grains• Caffeinated coffee