

LOW PURINE DIET

GOUT PREVENTION

Gout is a painful condition that results in recurrent swollen and tender joints, most commonly in the feet. The symptoms of gout are caused by the build-up of uric acid in the joints. Uric acid is formed when purines break down in the body. Purines are found in many foods, and eating a low purine diet can help prevent gout. Preventing gout also lowers your risk of getting kidney stones. The following is a chart comparing purine content in common food items.



Common Food Items	Purine Content (mg purine / 100g food)
High Purine Level – AVOID	
Ox liver	554
Pig Heart	530
Pig Liver	515
Sardines (canned)	480
Ox spleen	444
Anchovies	411
Herring (canned)	378
Trout	297
Ox kidney	269
Shrimp	234
Moderately High Purine Level – EAT LESS	
Dried Soy Bean	198
Sunflower Seed	190
Salmon	170
Goose	165
Pork Chop with Bone	145
Duck	138
Clam	136
Squid	135
Chicken breast	130
Lobster	118
Beef, sirloin	110
Cod	109

General Guidelines:

- ⇒ Avoid organ meats and alcohol!
- ⇒ Limit red meat and poultry!
- ⇒ Eat more vegetables and fruits!

Common Food Items	Purine Content (mg purine / 100g food)
Low Purine Level – EAT MORE	
Bean Sprout	80
Grapes	27
Chinese vegetables	21
Orange	19
Potato	16
Bread	14
Onion	13
Lettuce	13
Tomato	11
Cucumber	7.3
Plain Yogurt	7
Rice	5.9

CONTACT NORTH EAST MEDICAL SERVICES

(415) 391-9686 | (408) 573-9686 | www.nems.org

Chinatown/North Beach
 1520 Stockton Street
 San Francisco, CA 94133

Portola
 2574 San Bruno Avenue
 San Francisco, CA 94134

Visitacion Valley
 82 Leland Avenue
 San Francisco, CA 94134

Sunset
 1450 Noriega Street
 San Francisco, CA 94122

San Jose
 1750 Lundy Avenue #108-116
 San Jose, CA 95131