



UNIVERSITY OF OREGON

### **Low Purine Diet**

Indication: Gout

Principles: To supply foods which are low in purine content, high in C, and moderately low in F. The P is to be derived from foods which contain little or no purine.

Content: Milk, eggs, fruit, most vegetables, cheese, enriched bread, and cereal, butter or margarine and other foods not prohibited.

Restrict: Certain foods may be eaten sparingly, such as asparagus, cauliflower, lentils, beans, peas, spinach, mushrooms, oatmeal, whole-wheat bread and cereal. Meats, fish, and seafood (except those indicated below) should be limited to one serving per day. Distilled liquors or beer may be taken only in moderation.

Avoid: Sweetbreads, sardines, anchovies, kidney, liver, brain, meat extracts, gravies.

Clinic Forms: Low Purine Diet: Rev. 7/27/04: kmb

**UNIVERSITY HEALTH CENTER · Appointments & After Hours Nurse: 346-2770**

**Web: <http://healthcenter.uoregon.edu>**

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