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## Diet Limitations in Gout

Gout is caused by high levels of uric acid in the blood. The excess uric acid accumulates as crystals in the joints, causing inflammation and pain.

1. These foods dramatically raise uric acid levels in the blood, and should be avoided **ENTIRELY**:

|           |              |             |             |
|-----------|--------------|-------------|-------------|
| Liver     | Sardines     | Heart       | Pork Chops  |
| Kidney    | Herring      | Brain       | Fried Foods |
| Mussels   | Meat gravies | Sweetbreads | Beer        |
| Anchovies | Soups/Broths | Fish roes   | Wine        |

2. These foods moderately raise uric acid levels in the blood, and should be eaten only in small quantities (one serving per day):

|           |             |                    |         |
|-----------|-------------|--------------------|---------|
| Fish      | Seafood     | Mushrooms          | Meats   |
| Red meat  | Poultry     | Beans              | Spinach |
| Yeast     | Lentils     | Peas               | Fowl    |
| Asparagus | Cauliflower | Whole Grain Cereal |         |

3. These foods help to keep uric acid low, and should be included abundantly in your diet:

|   |                 |            |
|---|-----------------|------------|
| Vegetables (except as noted above)          | Sugars & Sweets | Eggs       |
| Spices & Condiments (inc. salt and vinegar) | Vegetable Soups | Milk       |
| Butters & Fats (in moderation)              | Refined Cereals | Grains     |
| Mild Cheese                                 | Seeds/Nuts      | Raw Fruits |

4. Drink Plenty of water.
5. **AVOID** alcohol, caffeine (coffee, tea, soda with caffeine (Pepsi, Mt. Dew), Iced Tea, Lemonade) and high fat foods.