

FOODS THAT CONTAIN PURINES

People with gout fair better with small to low amounts of purine foods in their diet. Purines convert into uric acid in the body that can lead to the formation of crystals causing joint pain. Avoidance of the high level of purines along with additional treatments can help prevent flares of gout and mitigate symptoms.

HIGH LEVELS OF PURINES			(100-1000mg/100g of food)
Anchovies	Heart	Partridge	
Bouillon	Herring	Roe	
Brains	Kidney	Sardines	
Broth	Mackerel	Scallops	
Consomme	Meat extracts	Sweetbreads	
Goose	Mincemeat	Yeast, Baker's/Brewers	
Gravy	Mussels		

MODERATE LEVELS OF PURINES		(9-100mg/100g of food)
Fish		Asparagus
Poultry		Beans, dried
Meat		Lentils
Shellfish		Mushrooms
Peas, dried		Spinach

SMALL LEVELS OF PURINES				(<9 mg/100g of food)
Bread & Crackers	Corn/Popcorn	Herbs	Salt	
Cereals/Rice	Dairy	Noodles	Sugar/Sweets	
Chocolate	Eggs	Nuts	Tea	
Coffee	Fats/Oils	Oils	Vegetables	
Condiments	Fruit	Olives	Vinegar/Pickles	