



Gout Diet

Restrict or eliminate use of alcohol. Drink fluids liberally to keep urine diluted. Limit your fat intake to 30% of calories emphasizing monounsaturated sources and omega 3 fatty acids. Limit your carbohydrate intake to 40% of your total daily calories (at least 100gm per day to prevent tissue catabolism and ketosis). Select complex carbohydrates and avoid simple sugars and refined carbohydrates. High protein intake should be 30% of your total daily calories.

Foods to Avoid

Saturated Fats/ Trans Fatty Acids	Simple Sugars	Refined Carbohydrates	Alcohol
Shortening Stick margarine Animal fat Full fat dairy products Hydrogenated oils Coconut oil Palm oil	Candy Honey Syrups Sugar Sodas	White rice White bread Plain pasta Crackers	Beer Wine Hard liquor

Foods to Include

High Protein Sources	Monounsaturated Fats/ Omega 3 Fatty Acids	Complex Carbohydrates
Chicken Turkey Other fowl Fish (salmon, haddock, trout, mackerel) Low fat milk Skim milk Low fat cheeses Vegetables	Olive oil Canola oil High oleic sunflower oil High oleic safflower oil Avocados Walnuts Flaxseed Fish	Whole grain breads Cereals Pastas Fresh fruits Vegetables

Sample Menu

Suggested Meal Plan	Sample Menu	Your Menu
Breakfast Fruit or Juice Cereal Meat/High Protein Food Bread Margarine/Jelly Milk Beverage	Orange Juice Wheat Flakes Scrambled Eggs Whole Wheat Toast Trans-Free Margarine Skim Milk Decaffeinated Coffee Water	
Noon Meal Meat/High Protein Food Bread Vegetable(s) Fruit/Dessert Milk Beverage	3oz. Grilled Salmon Baked Potato Carrot Sticks Fresh Fruit Skim Milk Decaffeinated Iced Tea Water	
Evening Meal Salad Meat/High Protein Food Vegetables Bread Fruit Dessert Beverage	Mixed Salad Greens/1 tbsp. Olive Oil & Vinegar 3 oz. Grilled Chicken Breast 1/2 cup Brown & Wild Rice 1/2 cup Steamed Spinach 1 Slice of Whole Grain Bread/2 tsp. Trans-Free Margarine 1 cup Fresh Strawberries 1/2 cup Low Fat Frozen Yogurt Decaffeinated Iced Tea Water	