

GOUT DIET

- AVOID ENTIRELY: ALL ORGAN MEATS (LIVER, KIDNEY, SWEET BREADS, MEAT EXTRACT, BRAINS, GRAVIES,) FRIED MEATS, SARDINES, ANCHOVIES
- ALL SHELL FISH (CLAMS, LOBSTER, SHRIMP, MUSSELS)
- RAW BEEF
- FRIED POTATOES, POTATO CHIPS & YEAST
- BOULLION OF ANY KIND, BROTH AND CONSOMME

AVOID THE FOLLOWING:

- EXCESS COFFEE
- ALL WHOLE GRAIN AND WHOLE WHEAT
- OATMEAL
- AVOID EXCESSIVE USE OF FOODS WITH HIGH FAT CONTENT SUCH AS ICE CREAM AND MANY CHEESES
- AVOID EXCESS FATS
- CERTAIN VEGETABLES SHOULD BE EATEN SPARINGLY. LIMIT TO ONE OF THE FOLLOWING 4 DAYS PER WEEK:
 - ASPARAGUS, CAULIFLOWER, LIMA BEANS, MUSHROOMS, NAVY BEANS, PEAS AND LENTILS

MONITOR DISTILLED LIQUORS AND BEER CONSUMPTION

(MAY CAUSE GOUT IN SOME INDIVIDUALS)