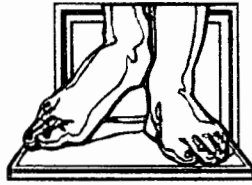


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## INFORMATION FOR PATIENTS WITH GOUT

### GENERAL INSTRUCTIONS

Although high uric acid levels are largely controlled by medications, it is advisable to follow a few simple steps to assist in lowering your levels.

- Avoid high fat meats and desserts
- Choose fish, poultry, and allowed meat substitutes often
- Decrease your intake of beef, lamb, pork, eggs and cheeses
- Broiling, roasting, steaming, or baking methods of food preparation are preferable, however if you add fat while cooking **DO NOT EXCEED** your fat allowance
- Avoid food on list III (see attached sheet)- these foods contain larger amounts of uric acid derivatives
- Limit quantities of food on list II (see attached sheet)
- Drink 2-3 quarts of liquid daily to help dilute urinary uric acid levels
- Choose a good source of Vitamin C daily. You will find Vitamin C in foods such as citrus fruits, strawberries, broccoli, brussel sprouts, papaya, and cantaloupe
- Choose a good source of Vitamin A every other day. You will find Vitamin A in foods such as yellow fruits, or dark green/yellow vegetables.
- Avoid alcoholic beverages
- Avoid drastic weight reduction or fasting. If weight loss is desired, lose over a period of several months.

See attached sheet for food lists.

2: FOOD WITH NEGLIGIBLE PURINE CONTENT (0-15 mg. of purine nitrogen per 100 grams of food). Use as desired except on caloria variations.

Nonfat milk	Cocoa	Cereals(except in List II)	Hard candies
Buttermilk	Carbonated drinks		Sherbet
Coffee	CLB-Carnation Instant	Vegetables(except in List II)	Sugar
Tea	Breakfast		Honey
Postum	Carnation Slender	Fruits of all kinds	Salt
Fruit Juices	Cottage Cheese	Gelatin, Jell-O	Herbs & Spices
	Breads	Angel Food Cake	Jams & Jellies

THESE FOODS DO NOT CONTAIN EXCESSIVE PURINE CONTENT, BUT MUST BE LIMITED DUE TO FAT CONTENT.

Cream	Eggs	Oil and Salad Dressings
Half and Half	Peanut Butter	Chocolate candy or other rich candy
Whole Milk	Regular Cakes	Potato chips & other chips
Butter	Ice Cream	Fried foods
Chocolate	Other high fat desserts	Waffles, pancakes and other rich hot breads
Cocoa made with whole milk	Nuts	
Regular cheese		

LIST II: FOOD WITH MODERATE PURINE CONTENT (50-150 mg. of purine nitrogen per 100 grams of food). Use in prescribed amounts only.

Limit Total Amount Each Day  
to 5 Oz. Cooked

Lean meat, other than those on LIST III	Poultry, other than those on LIST III
Fish, other than those on LIST III	Seafood, other than those on LIST III

These food may be used occasionally

Peas	Lentils	Homemade soups containing meats (unless taken from meat allowance)
Spinach	Oatmeal	
Asparagus	Wheat Germ	
Mushrooms	Bran	
Dried Beans & Peas		

#### ADDITIONAL INFORMATION ABOUT MEAT CHOICES

CHOOSE fish and poultry, particularly WITHOUT skin, often. Select lean, well trimmed cuts of meat. AVOID all fatty meats, bacon and sausage, fried meats and fried fish or poultry, luncheon meats, cold cuts, hot dogs, meats canned or frozen in gravy, spareribs and frozen and packaged prepared meats.

LIST III: FOOD WITH HIGH PURINE CONTENT (150-800 mg. of purine nitrogen per 100 grams of food).

Anchovies	Herring	Meat Broths	Yeast, baker's and brewer
Liver	Mackerel	Meat Extracts	
Kidney	Scallops	Meat Drippings	
Sardines	Wild Game	Mincemeat	
Sweetbreads	Goose	Gravy	
Heart	Tongue	Commercial soups made with any of the foods on LIST II or III.	

IN ADDITION, AVOID ALL ALCOHOLIC BEVERAGES, BEER AND WINE