

GOUT: WHAT TO EAT/WHAT NOT TO EAT

Foods NOT to Eat (Fatty and Purine-Rich Foods)

According to the American Medical Association, purine-containing foods to be avoided include:

- Beer, other alcoholic beverages.
- Anchovies, sardines in oil, fish roes, herring.
- Yeast.
- Organ meat (liver, kidneys, sweetbreads)
- Meat extracts, consommé, gravies.

Foods which are very high in purines include:

- hearts
- herring
- mussels
- yeast
- smelt
- sardines
- sweetbreads

Foods moderately high in purines include:

- anchovies
- grouse
- mutton
- veal
- bacon
- liver
- salmon
- turkey
- kidneys
- partridge
- trout
- goose
- haddock
- pheasant
- scallops

Other foods to avoid:

High fat foods such as cream sauces, fried foods and foods containing trans fat (partially hydrogenated vegetable oils)

Avoiding purine-rich foods is only one aspect of treatment, drink plenty of fluids/water, exercise and maintain a healthy body weight. Diets designed for quick or extreme weight loss will work against you though -- they increase uric acid levels in the blood.

During a gout flare up AVOID ALL Extremely Acid Forming Foods:

Artificial sweeteners, Carbonated soft drinks & fizzy drinks , Cigarettes , Flour (white wheat), Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar, Beer, Brown sugar, Deer, Chocolate, Coffee , Custard with white sugar, Jams, Jellies, Liquor, Pasta, Rabbit, Semolina, Table salt refined & iodized, Tea black, Turkey, Breads White / Wheat, White rice, vinegar.

Foods to Eat More Of!

According to the American Medical Association, a balanced diet for people with gout include foods:

- High in complex carbohydrates (whole grains, fruits, vegetables)
- Low in protein (15% of calories and sources should be fish (*but not seafood*), tofu, lean meats, poultry)
- No more than 30% of calories from fat (10% animal fat)

Foods which may be beneficial to people with gout include:

- Dark berries and especially cherries may contain chemicals that lower uric acid and reduce inflammation.
- Tofu which is made from soybeans may be a better choice than meats.
- Certain fatty acids found in certain fish such as salmon, flax or olive oil, or nuts may possess some anti-inflammatory benefits.
- Celery has been used over the centuries for arthritis, rheumatism, gout,

Choi's research team followed 47,150 men with no prior history of gout over a 12-year period. The conclusion: during the 12 year period of assessment, 730 men were diagnosed with gout.

- Study participants who consumed the highest amount of meat were 40 percent more likely to have gout than those who ate the least amount of meat.
- Study participants who ate the most seafood were 50 percent more likely to have gout.

In this specific study, though, not all purine-rich foods were associated with an increased risk of gout. There was no increased risk associated with a diet which included:

- peas
- beans
- mushrooms
- cauliflower
- spinach

Even though these foods are considered high in purines. Choi's team also found that **low-fat dairy products decrease the risk of gout** and overall protein intake had no effect. Ultimately, diets shown to be connected to gout are the same kinds of diet linked to cardiovascular disease.

- Obesity can be linked to high uric acid levels in the blood. People who are overweight should consult with their doctor to decide on a reasonable weight-loss program. **Fasting or severe dieting can actually raise uric acid levels and cause gout to worsen.**

- Consuming coffee in moderate amounts and tea is not a problem but alcohol can raise uric acid levels and provoke an episode of gout. Drinking at least 10-12 eight-ounce glasses of non-alcoholic fluids every day is recommended, especially for people with kidney stones, to help flush the uric acid crystals from the body.

Helpful Supplements:

The most well researched aid for gout is Cherries.

Cherry juice concentrate is available as well as extracts in supplement form.

Celery has been used over the centuries for arthritis, rheumatism, gout, Celery seed is used primarily as a diuretic to promote the excretion of urine. The diuretic action combined with the presence of anti-bacterial compounds in celery seed also make it useful in treating urinary tract infections. Laboratory studies have found that compounds in celery seed and its essential oil may also help reduce muscle spasms, calm the nerves, and reduce inflammation. In fact, some experts claim that celery seed alleviates the pain associated with certain inflammatory health conditions such as arthritis and gout.

Bromelain is derived from pineapple. The proteolytic enzyme of pineapple has been proved to be an effective anti-inflammatory agent in both clinical human studies and experimental animal models. It is a suitable alternative to stronger prescription anti-inflammatory agents used in the treatment of gout. 2 Capsules of GoutPlex contain 1200 GDU of bromelain or 100mg.

Tumeric or Curcumin (Curcuma longa). One compound in turmeric (curcumin) inhibits the synthesis of substances called prostaglandins in the body that are involved in pain. The mechanism is similar to the one involved in the pain-relieving action of aspirin and ibuprofen. At high doses, curcumin stimulates the adrenal glands to release the body's own cortisone, a potent reliever of inflammation and the pain it often causes.

Any substance to maintain healthy pH of body: Chlorella, coral calcium minerals. cucumbers, etc. Check your urine pH with ph test strips available at www.blpublications.com or your local pharmacy.

Complements of NHL Ministries

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