

Low Purine Diet

In order to reduce your uric acid level, you must lower your consumption of purines. Purine is a compound that is mainly found in animal protein and when metabolized breaks down into uric acid. When you eat a diet that is high in protein, you have higher uric acid levels.

The normal diet contains from 600 to 1000 milligrams of purines daily. A low-purine diet is restricted to approximately 100 to 150 milligrams daily.

Below is a list of foods that have very high purine levels (100 to 1000 mg of purine per 3 oz serving of food). You should try to avoid these products. If one of your favorites is on this list, cut back on how many times you eat the product and **always** drink a glass of water before and after your favorite treat.

Very High Purine Foods

Anchovies	Herring	Roe
Bacon	Haddock	Sardines
Bouillon	Kidney	Scallops
Brains	Liver	Shrimp
Broth	Mackerel	Sweetbreads
Codfish	Meat Extracts	Veal
Consomme	Mincemeat	Venison
Goose	Mussels	Yeast
Gravy	Partridge	Yeast Extract
Heart		

Below is a list of foods that have moderate purine levels (9 to 100 mg of purine per 3 oz of food). Again, if one of your favorites is on this list, cut back on how many times you eat the product and **always** drink a glass of water before and after your favorite treat.

Moderate Purine Foods

Fish	Asparagus	Peas, dried
Poultry	Beans, dried	Spinach
Meat (red)	Lentils	
Shellfish, (except when listed above)	Mushrooms	

Source: M.V. and L.K. Mahan, *Food, Nutrition, and Diet Therapy*, 8th ed. (Philadelphia: W.B. Saunders Company, 1992) p.696.

Low Salt Diet

We receive phone calls from patients who swear they have stopped using the saltshaker and they just don't understand how their sodium levels are so high. Unfortunately, sodium has been added to many of our foods. It is important to read the nutrition labels on all packaged foods. Also, look at the ingredients listed. All food labels list the product's ingredients, in order, by weight. The ingredient present in the greatest amount is listed first. As a rule, if salt and several sodium compounds are listed as ingredients, the product contains more salt than is advisable on a low-sodium diet.

Below is a list of foods that contain high sodium. Your goal is to limit your intake to less than 2300 mg of sodium per day.

High Sodium Foods

Anchovies	Ham	Salad dressing
Bacon	Ketchup	Salami
Barbecue sauce	Kosher processed meat	Sauerkraut
Bologna	Meat, canned or frozen in sauce	Sausage
Celery salt	Monosodium glutamate (MSG)	Seeds
Cereal (dry)	Mustard	Soup
Cheese	Nuts	Soy sauce
Chips (snack foods)	Olives, (green)	Steak sauce
Crackers	Pastrami	Tomatoes, (canned)
Cured meat	Pepperoni	
Frankfurters	Pickles	
Garlic salt	Pizza	

As mentioned before, get used to reading the nutrition labels on all your packaged and canned products. Pick foods that say they contain "low" or "no" sodium.

Food Label Terms That Indicate Reduced Sodium

<i>Food Label:</i>	<i>Means:</i>
• "Sodium Free"	5 mg or less per serving*
• "Low Sodium"	35 mg or less per serving*
• "Moderately Low Sodium"	140 mg or less per serving*
• "Reduced Sodium"	Usual sodium level reduced by 75%
• "Unsalted" or "No Salt Added"	No salt added during processing

* Note the definition of a "serving size" on the nutrition label.