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LOW PURINE DIET

DESCRIPTION

The low purine diet is designed to assist the reduction of blood and urine levels of uric acid in combination with medication therapy. The diet eliminates foods highest in purines (those with 150mg or greater per 100gm serving). It emphasizes increased fluid intake to promote the excretion of uric acid, and encourage the intake of fruits and vegetables while avoiding a high fat intake. Maintaining ideal weight, or weight reduction if overweight, is recommended.

NUTRITIONAL ADEQUACY

The low purine diet can meet the RDA for all nutrients if carefully chosen

FOOD GROUP	FOODS ALLOWED	FOODS TO LIMIT	FOODS TO AVOID
Bread, cereal, rice and pasta	Refined bread, rolls, bagels, English muffins; refined cooked or ready-to-eat cereals, rice, barley, pastas (spaghetti, noodles, macaroni, and other pastas)	Whole grain breads and cereals; wheat germ, wheat bran, oatmeal, muffins, biscuits, doughnuts, pastries, french toast, whole grain pastas, pasta with cream or cheese sauces; snack chips	None
Fruits	All fresh, frozen, or canned fruits; fruit juices	Avocado	None
Vegetable	All fresh, frozen, or canned vegetables except those listed to limit; vegetable juices	Asparagus, cauliflower, mushrooms, green peas, spinach	None
Meat and meat substitutes	Low fat cheeses, eggs (limit to 4 yolks per week); peanut butter, nuts	Eel, fresh and salt water fish, beef, lamb, pork, poultry, veal, shellfish; dried beans and peas; legumes, lentils *Limit meat servings to 3-4 oz. portions	Anchovies, brains, game meats, herring, kidney (beef), liver, meat extracts, sardines, scallops, sweetbreads, mackerel
Milk and yogurt	Skim or 1% milk; low fat buttermilk; non-fat or low fat yogurt	2% milk	Whole milk and whole milk products/drinks
Fats		All fats and oils in moderation	Meat gravies

Soups	Any made with allowed vegetables and skim or 1% milk	Cream soup made from 2% milk	Broth, bouillon, consomme; soups made with meat extracts or whole milk; mushroom soup
Beverages	Coffee, tea, decaffeinated coffee or tea; carbonated beverages, cocoa; fruit drinks		Alcohol
Desserts	Custards & puddings made with skim milk; gelatin desserts; fruit ice, popsicles, sherbet, non-fat or low fat frozen desserts	High fat desserts such as cakes, pies, cookies, ice cream; desserts containing baking chocolate	None
Sweets	Any, except those listed to avoid (ex. sugar, honey, jam, jelly, hard candy, etc.)		
Miscellaneous	Salt, pepper, herbs, spices, condiments	Snack chips, junkets	Yeast (baker's and brewer's)