NORTHERN ILLINOIS FOOT & ANKLE SPECIALISTS

DIET LIMITATIONS IN GOUT

In addition to your medicine, you can help yourself avoid future attacks of gout by sticking as closely as possible to the following diet guidelines.

1. **ELIMINATE** THE FOLLOWING FOODS FROM YOUR DIET. YOU WON'T FIND IT HARD TO DO AND IT'S IMPORTANT!

   - Liver
   - Sweetbreads
   - Brains
   - Herring
   - Beer
   - Kidney
   - Sardines
   - Gravies
   - Mussels
   - Wine
   - Anchovies
   - Meat Extracts
   - Consommé
   - Heart

2. **CUT DOWN** ON THESE FOODS. NO MORE THAN ONE SERVING A DAY!

   - Meats
   - Peas
   - Cauliflower
   - Lentils
   - Yeast
   - Beans
   - Asparagus
   - Mushrooms
   - Spinach
   - Whole grain cereals
   - Fowl
   - Fish (except as noted above)
   - Other sea foods

3. **EAT ALL YOU WANT** OF THE FOLLOWING FOODS:

   - Vegetables (except as noted above)
   - Butter and fats (except as noted above)
   - Condiments including salt and vinegar (in moderation)
   - Fruits
   - Milk
   - Cheese
   - Eggs
   - Sugars and sweets
   - Refined cereals and cereal products
   - Nuts
   - Vegetable soups (clear)