

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

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

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

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 Sugars and sweets
Milk Refined cereals and Vegetable soups (clear)
Cheese cereal products
Eggs Nuts