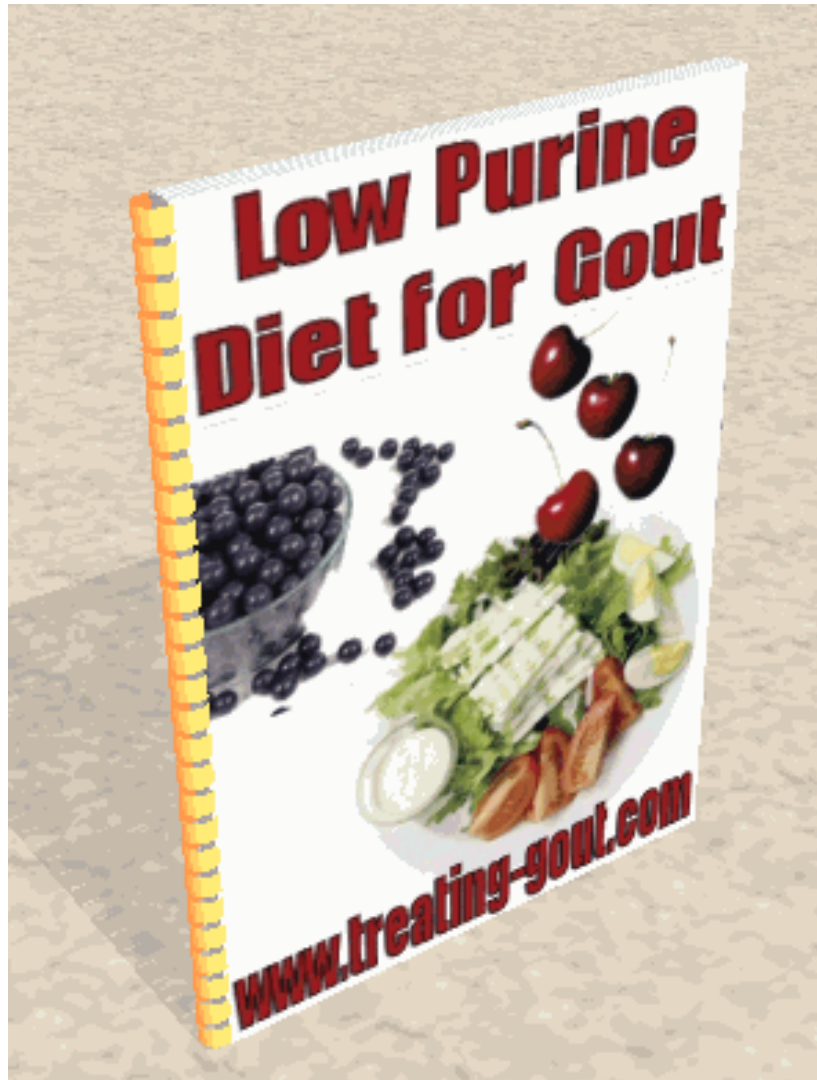


Free Low Purine Diet For Gout

<http://www.treating-gout.com>



Learn about gout symptoms, foods that cause gout, gout remedies, ways of treating gout and how to find gout relief at <http://www.treating-gout.com>

This Low Purine Diet for Gout is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian.

This ebook is based on my personal experience treating my own gout.

This ebook may be duplicated and distributed in as many copies as needed in its original form, as it can be found at <http://www.treating-gout.com/low-purine-diet-for-gout.html>.

If you have valuable information to add to this ebook, do contact us at <http://www.treating-gout.com>. When your content is of good use for any gout sufferer, we will amend this ebook giving you the credit.

Find all Information about Gout online:

- [**Gout Causes**](#)
- [**Gout Diet**](#)
- [**Gout Symptoms**](#)
- [**Gout Treatments**](#)
- [**Pseudogout**](#)
- [**What is Gout**](#)

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What is gout?

Gout is an inflammatory joint disease and a very painful form of arthritis.

Gout occurs when the kidneys can't eliminate an excess of uric acid in the blood. Too much uric acid in the blood will start depositing as needle shaped crystals in and around the joints. These crystals cause inflammatory arthritis which in turn cause the swelling, redness and immense gout pain in the joints.

Uric acid is a waste product of purines:

- that were found in food
- that got formed when cells die and its DNA and RNA breaks down

Gout attacks

There are **4 [gout stages](#)** out of which only 1 is called gout attacks. It can take more than 20 years of high uric acid levels in your blood before you suffer your first gout attack. Your gout pain usually lasts 3 to 10 days.

When you don't follow any gout remedies and you ignore your diet of gout, your next gout attacks will be more severe and happen more frequent.

In 3 cases out of 4 the gout attack appears in your big toe. Gout in the big toe can become so painful that even the pressure of your bed sheet at night will cause intolerable pain. Gout pain relief medication comes in the form on NSAIDs or corticosteroids.

Who gets Gout?

The biggest gout group are men between 40 and 50 years of age. People are more likely to develop gout when:

- gout runs in the family
- obese
- they frequently eat and drink purine rich foods like organ meats, sardines, anchovies, meat extracts, dried peas, lentils and beer
- using medications like diuretics (they pass the fluids out of your body faster without passing equal amounts of uric acid), salicylates like aspirin, nicotinic acid, vitamins and medications that lower your immune system or are taken to prevent rejection of transplanted organs

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Gout Symptoms and Diagnosis

Gout occurs too fast to notice! You can go to bed feeling fine and wake up in excruciating pain caused by gout. Some people experience joint swelling and shiny red or purple skin around the joint.

The only way to diagnose gout accurately is by removing synovial fluid from the affected joint and examine it. When your doctor finds urate crystals, you have gout. However when your doctor finds calcium pyrophosphate crystals, you have **pseudogout**, which unlike cures for gout doesn't have any cure.

Change your lifestyle when treating gout

If you have gout, professional medical gout treatment is required. Untreated gout will progress to stage 4 gout or chronic tophaceous gout where serious joint damage will cause disability. Treating gout will aim to gout prevention by reducing the level of purine in your blood:

- avoiding foods that cause gout, see list on our next page
- taking medicine that lowers the amount of uric acid in the blood
- taking medicine that increase the excretion of uric acid by the kidneys
- changing your lifestyle and improving your overall health.

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FOOD GROUP	LOW PURINE (0-50 mg purines/100 g) USE AS DESIRED	MODERATE PURINE (50-150 mg purines/100 g) USE IN MODERATION	HIGH PURINE (150-825 mg purines/100 g) AVOID
Breads and Cereals	bread & cereals noodles rice cornbread	<i>Limit to 2/3 cup raw daily:</i> oatmeal <i>Limit to 1/4 cup raw daily:</i> wheat bran, wheat germ	
Fruit	All, including juices		
Vegetables	Most vegetables	<i>Limit to 1/2 cup serving daily:</i> asparagus, cauliflower, spinach, mushrooms, green peas	
Protein Foods <i>Choose lean meats, poultry without the skin, and fish. Cook without added fat.</i>	eggs, nuts peanut butter	<i>Limit of 1-2 servings daily:</i> meat, poultry ² (2-3 oz) fish, shellfish (2-3 oz) dried peas/beans/lentils (1 cup cooked)	liver, kidney, heart, brains, sweetbreads, game meats, goose, partridge, anchovies, sardines, mackerel, herring, scallops, mussels
Milk & Milk Products <i>Choose low fat products</i>	All		
Fats & Oils <i>Limit use of fats & oils</i>	All (in moderation)		Gravy ²
Soup	vegetable soups made vegetable stocks	meat soups and broths	meat extracts ² (e.g. Oxo, Bovril) yeast taken as a supplement
Other	sugar syrup, sweets geletin soft drinks, tea coffee cereal beverages (Postum) chocolate, custard, pudding white sauce condiments, salt, herbs olives, pickles, relishes vinegar, popcorn		Mincement

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