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## 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 guide-lines.

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

Liver	Kidney	Achovies
Sweetbreads	Sardines	Meat extracts,
Brains	Gravies	consomme
Fish roes	Mussels	Heart
Beer	Wine	Herring
		<i>SHELL FISH</i>

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

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

3. EAT ALL YOU WANT OF THE FOLLOW FOODS!

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