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**Diet Limitations in Gout**

In addition to your medicine, you can help yourself avoid future attacks of gout by sticking 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 Shell Fish Consomme

Fish Roes Mussels Heart

Beer Wine Herring

Gravies

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 noted above)

Fruits

Milk

Eggs

Cheese

Spices & Condiments including salt

Sugars & Sweets Refined Cereals and Cereal Products

Nuts

Butter and fats (in moderation) Vinegar

Vegetable Soups (clear)

You should also research the benefits of cherry juice with and without sugar to use daily.