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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	Beans.	Fowl
Peas	Asparagus Mushrooms	Fish (except as noted above)
Cauliflower Lentils	Spinach	Other Sea Foods
Yeast	Whole Grain Cereals	

3. Eat all you want of the following foods!

Vegetables(except noted above)	Spices & Condiments including salt	Butter and fats (in moderation)
Fruits	Sugars & Sweets	Vinegar
Milk	Refined Cereals and Cereal Products	Vegetable Soups (clear)
Eggs	Nuts	
Cheese		

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