



Managing Gout

Healthy changes you can make

Gout Triggers

These foods can cause gout flare-ups, it is best to avoid them always:

- Red meat, especially pork
- Sweetbreads
- Organ meats
- Gravies
- Wild game
- Goose
- Fatty fish: anchovies, herring, mackerel, sardines, fish eggs, shrimp
- Fats: margarine and oils

Moderation

Too much of these can cause gout flare-ups. Limit to once or twice a week:

- Salmon, tuna, crab, lobster
- Dry beans, peas, lentils
- Mushrooms
- Spinach
- Whole grains
- Processed baked goods

Gout is painful arthritis common in people with kidney disease. Since purine or uric acid is usually excreted in urine, people on dialysis may have higher levels which cause gout. If you have severe gout pain, there is a lot you can do to decrease gout attacks.

- The best treatment for gout is taking your medicine regularly, even if you are not having any pain now. You may actually cause gout flare-ups if you don't take your medicine everyday.
- Controlling your blood pressure and diabetes can help reduce your flare-ups.
- Lowering your weight slowly, if you are overweight, can help decrease symptoms. Losing more than a pound or two a week may trigger an attack of gout.
- Alcohol, especially beer, makes gout worse. Switch to non-alcoholic drinks. Coffee actually helps reduce gout symptoms.
- Try to eat lean cuts of meat and avoid added fats. Eat 3-4 ounces of protein at each meal.
- Try non-meat protein foods like tofu, dairy foods, and nuts until your gout gets better.
- Cutting out soda pop and other sweets will also help decrease gout attacks.
- If you smoke, stopping will decrease your gout pain.

Talk with your dietitian for more ideas and menu plan-



What You *Should* Eat: Anti-Gout Foods

Tofu: Tofu is high in protein and low in purines, making it a great choice for you. Try other soy foods like soy nuts, soy protein shakes, soy milk or edamame (steamed soybeans still in the pod).

Low-fat dairy foods: Dairy products like skim or 1% milk, or low-fat yogurt are good protein substitutes that are low in purines. They may raise your phosphorus a little, but if you are avoiding other sources of protein, it should be fine. Greek yogurt and Indian paneer cheese are also low purine protein choices.



Nuts: A handful (or 1/4 cup) of unsalted almonds or walnuts is a good meat substitute to put in a salad. Peanut butter makes a great low purine sandwich, or try on crackers or celery.

Coffee: Drinking coffee may lower your gout risk, try one or two cups a day depending on your fluid allowance.

Berries: Cherries, blueberries and strawberries are high in anti-inflammatory pigments – the darker the berry, the more you benefit. Try to eat 1/2 cup cherries or berries per day.

Spicy tofu stir-fry

An eye-catching meal that can be fixed in under 15 minutes. This recipe is low in fat, low in purine, and high in flavor.

- 1 package whole grain angel hair pasta
- 1-2 tablespoons oil
- 1 pound cubed tofu, paneer or chicken breast
- 2 carrots, grated
- 1 cup broccoli, cut into florets
- 1 red pepper, chopped
- 4 tablespoons grated orange peel
- 1/2-1 jalapeno pepper, chopped finely
- 2 cups napa cabbage, sliced



Start boiling water for noodles. Heat oil in frying pan or wok. Pan fry tofu, paneer or chicken. Remove from pan and set aside. Add carrots and broccoli, stir-fry a few minutes. Add angel hair pasta to hot water, boil 2-3 minutes. Meanwhile, add red pepper, orange peel, jalapeno and cabbage to fry pan. Stir-fry for 2-3 minutes.