

# Therapeutic Diet A Low-Purine Diet Associated with Gout

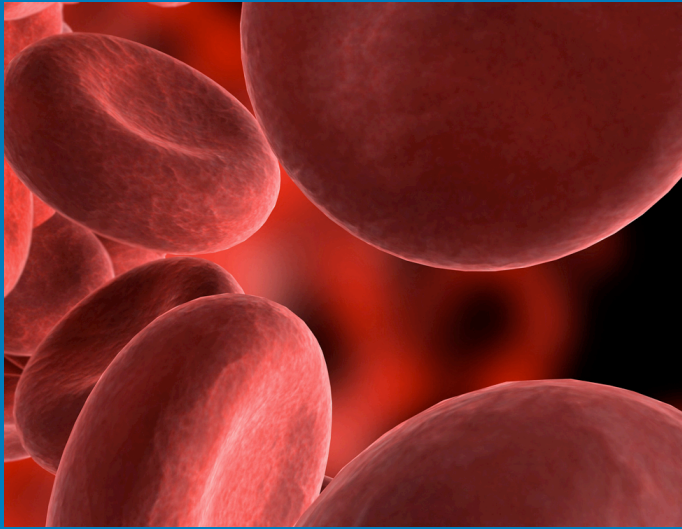
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# Gout

- Gout is a very painful disease
- Symptoms are:
  - Pain in the joints
  - Inflammatory arthritis of the big toe, ankles, knees and hands
- Is caused by the build-up of uric acid in the joints



# Uric Acid



- The result of purines being processed in the body
  - Breakdown in blood
  - Filtered in the kidneys
- When uric acid builds up, it gathers in the joints, forming crystals

# Uric Acid Build-up

1. Increased production in the body
  - “Hyperuricemia”
2. Eating too many food high in purines
3. Low fluid intake- **NEED MORE WATER!**
4. Eating too many fatty foods
5. Medications



# High Purine Foods



- Organ meats of animals
  - Liver, brain and sweetbreads
- Seafood
  - Sardines, anchovies, mackerel, scallops
- Vegetables
  - Asparagus, mushrooms, peas
- Alcohol, especially beer

# Suggested Foods

- Fruits and vegetables  
**CHERRIES**
- Tofu
- Garlic
- Supplements
- Milk and milk products



# Sample Menu

## ■ Breakfast

- Piece of Fruit
- Oatmeal, with toast
- One egg

## ■ Lunch

- Cream soup
- Salad- fruit or vegetable
- Bread with butter and jam
- Milk

## ■ Dinner

- Eggs or cheese, such as a souffle
- Baked potato with one teaspoon butter
- Cooked vegetable
- Bread roll
- Dessert
- Milk

# Conclusion

- Gout can be painful, but is manageable
- A balanced, low-purine diet is important
- Communication is essential
- Individual requests should be met



# References

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