

Purines (specific chemical compounds found in some foods) are broken down into uric acid. A diet rich in purines from certain sources can raise uric acid levels in the body, which can sometimes lead to a gout flare-up. Meat and seafood may increase your risk of gout, whereas dairy products may lower your risk. Consider exercising daily and regulating your fat and caloric intake. Below is a list of foods to be cautious with and others to consider altering your diet with that can help prevent a gout attack.

**Foods to limit (very high in purines):**

- Organ meats, such as liver, kidneys, sweetbreads, and brains
- Meats, including bacon, beef, pork, and lamb
- Game meats
- Any other meats in large amounts
- Anchovies, sardines, herring, mackerel, and scallops
- Gravy
- Beer

**Foods to eat occasionally (moderately high in purines, but may not raise your risk of gout):**

- Fish and seafood (other than high purine seafood)
- Oatmeal, wheat bran, and wheat germ

**Foods that are safe to eat (low in purines):**

- Green vegetables and tomatoes
- Fruits
- Breads and cereals that are not whole-grain
- Butter, buttermilk, cheese, and eggs
- Chocolate and cocoa
- Coffee, tea, and carbonated beverages
- Peanut butter and nuts
- Cherries and Cherry Juice
- Potatoes, butternut squash and sweet potatoes

**Dairy products that may lower your risk of gout:**

- Low-fat or nonfat milk
- Low-fat yogurt