

Client Name _____ Date _____

RDN/NDTR _____

Email _____ Phone _____

Low-Purine/Purine-Restricted Nutrition Therapy

- This diet will help reduce the amount of uric acid in your blood.
- You will need to limit foods with purine (a kind of uric acid).
- You should drink little or no alcohol.

Foods Recommended

The chart shows foods that are low to moderate in purines.

- You can eat any amount of the foods that are low in purine.
- For the foods that are moderate in purines, stick to the amounts shown in the chart.

Food Group	Foods Low in Purines	Foods Moderate in Purines
Beverages	Water, tea, coffee, cocoa	
Breads and Cereals	Bread, pasta, rice, cake, cornbread, popcorn	Oatmeal (do not eat more than 2/3 cup uncooked, daily) Wheat bran, wheat germ (do not eat more than 1/4 cup dry, daily)
Condiments	Salt, herbs, olives, pickles, relishes, vinegar	
Dairy	All dairy foods (low-fat or fat-free types are best)	
Fats and Oils	All types, except gravies and sauces made with meat	
Fruits	All	
Proteins	Eggs, nuts, peanut butter	Meat and Poultry Crab, lobster, oysters and shrimp (limit to 1-2 servings* daily) Dried beans, peas, and lentils (limit to 1 cup cooked daily)
Soups	Soups made without meat	Meat- or fish-based soups, broths, or bouillons
Vegetables	All vegetables, except those that are moderate in purines	Asparagus, cauliflower, spinach, mushrooms, green peas (do not eat more than 1/2 cup of these vegetables daily)
Other Foods	Sugars, sweets, gelatin	

*1 serving = 2-3 ounces.

Foods Not Recommended

No foods must be completely avoided. However, you should limit foods that are high in purines.

Food Group	Foods High in Purines
Beverages	Beer and other alcoholic beverages
Fats and Oils	Gravies and sauces made with meat
Proteins	Anchovies, sardines, herring, mussels, tuna, codfish, scallops, trout, and haddock; bacon; organ meats (such as liver or kidney); tripe; sweetbreads; wild game; goose
Other	Yeast and yeast extracts (taken as supplements)

Low-Purine/Purine-Restricted Sample 1-Day Menu

Breakfast	1 cup cereal 1 cup 1% or fat-free milk 1 slice whole wheat toast 1 teaspoon butter or margarine and 1 teaspoon jam (for toast) ½ cup orange juice 1 cup coffee
Lunch	Sandwich made with 2 slices whole wheat bread 2 tablespoons peanut butter ½ cup banana slices ½ cup fruit crisp 1 cup 1% or fat-free milk
Dinner	1 cup cheese lasagna Salad made with 1 cup lettuce and ½ cup tomatoes 1 slice French bread ½ cup fruit gelatin 1 cup water