

## PURINE-RESTRICTED DIET

### PURPOSE

The purine-restricted diet is designed to decrease elevated blood and urinary uric acid levels.

### USE

The diet is used for patients with gout, renal calculi, or both in conjunction with drug therapy.

### ADEQUACY

Dependent on individual food choices, the diet can provide adequate amounts of all nutrients based on the 1989 Recommended Dietary Allowances.

### GUIDELINES FOR FOOD SELECTION FOR THE PURINE-RESTRICTED DIET

FOOD CATEGORY	RECOMMENDED*	ALLOWED IN MODERATE AMOUNTS†
Beverages	Skim and 1% milk; carbonated drinks; cocoa; coffee; tea; fruit drinks; alcohol in moderation with permission of physician	
Breads and Cereals	All refined breads and cereals; limit use of higher-fat foods such as muffins, French toast, biscuits, doughnuts, sweet rolls	Whole-grain breads and cereals; oatmeal; wheat germ; wheat bran
Desserts	Flavored gelatin; ice milk; low-fat yogurt; plain cookies; angelfood cake; limit desserts high in fat (eg, pies, cakes, cookies, ice cream)	
Fats	All fats and oils in limited quantities	Meat gravies‡
Fruits	All fruits and fruit juices; avocado in limited quantities	

GUIDELINES FOR FOOD SELECTION FOR THE PURINE-RESTRICTED DIET cont.

FOOD CATEGORY	RECOMMENDED*	ALLOWED IN MODERATE AMOUNTS†
Meats and meat substitutes	Low-fat cheeses; egg (limit to 4/wk); peanut butter‡; nuts‡	Fish (fresh and saltwater); eel; beef; lamb; veal; pork; poultry; shellfish; dried beans and peas  Avoid meats that contain more than 150 mg purines in 3 oz, i.e. sweetbreads, anchovies, sardines, liver, beef kidneys, brains, meat extracts, herring, mackerel, scallops
Potato and potato substitutes	Potatoes; enriched rice; barley; noodles, spaghetti, macaroni, and other pastas; limit use of higher fat foods (eg, French fries, au gratin and creamed potatoes, snack chips)	None
Soups	Cream soups made with low-fat milk and allowed vegetables; vegetable broth-based soups	Soups made with meat stock
Vegetables	All except those to use in moderation	Mushrooms, green peas, spinach, asparagus, cauliflower
Miscellaneous	Iodized salt; herbs and spices	Baker's and brewer's yeast

\*less 50 mg purines/100 g and/or low fat.

† 50-150 mg purines/100 g

‡ Also high in fat

ADDITIONAL RECOMMENDATIONS

- Eliminate foods that contain 150 mg purines or more per 3 oz serving.
- Meat consumption should not exceed 3 to 4 oz at a meal.
- Maintain adequate carbohydrate intake. Avoid excess intake of dietary fructose (fruit sugar) if used as a sweetener.

## ADDITIONAL RECOMMENDATIONS cont.

- Avoid excessive fat intake. A high-fat diet is associated with an increased frequency of acute gout attacks.
- Maintain or achieve ideal weight. If weight loss is indicated, calorie intake should be adjusted to promote a weight loss of 1 to 2 lb per week, or 6 lb per month.
- Fluid intake should be at least 2 to 3 qt per day to reduce the risk of renal calculi formation and to prevent dehydration associated with antigout medications.
- Encourage liberal use of fruits and vegetables.
- Large, heavy meals late in the evening should be avoided since large meals are stress factors for uric acid stone formation.

### SAMPLE MENU FOR PURINE-RESTRICTED DIET

BREAKFAST	LUNCH	DINNER
Orange juice (½ cup)	Split pea soup (½ cup)	Tossed salad (½ cup)
Cream of wheat (½ cup)	Saltine crackers (6)	Italian dressing
Toast (1 slice)	Lean roast beef (3 oz)	(1 tbsp)
Margarine (1 tsp)	Bread (2 slices)	Baked chicken (3 oz)
Jelly (1 tbsp)	Margarine (1 tbsp)	Rice Pilaf (½ cup)
2% milk (1 cup)	Relish plate: Celery & carrots	Broccoli (½ cup)
Water (8 oz)	(½ cup)	Cloverleaf roll (1)
	Apple (1)	Margarine (1 tsp)
	2% milk (1 cup)	Strawberry shortcake
	Water (8 oz)	(1 serving)
	<b>SNACK</b>	2% milk (1 cup)
	Apple juice (½ cup)	Coffee (1 cup)
	Graham crackers	Sugar (1 tsp)
	squares (3)	Water (8 oz)
	Water (8 oz)	