LOW PURINE DIET
TO REDUCE URIC ACID

FOODS ALLOWED:

BEVERAGES
Milk and milk drinks, carbonated beverages, cereal/grain beverages.

BREADS & CEREALS
All

DESSERTS
Custards made with skim milk, gelatin desserts, low fat cookies, cakes, and puddings. Ice cream only in relation to total fat allowance.

FAT
All used in moderation only

FRUIT & FRUIT JUICES
All. Highly recommended: cherries and cherry juice; blueberries and blueberry juice

MEAT & FISH
Fish, fowl and baked ham

EGGS OR CHEESE
All eggs and cheese.

POTATO OR SUBSTITUTE
All

SOUPS
Milk soups made with vegetables allowed

VEGETABLES
Most common vegetables

MISCELLANEOUS
Condiments, herbs, nuts, olives, peanut butter, pickles, popcorn, relishes, salt, spices, vinegar, white sauce
FOODS TO AVOID:

BEVERAGES
Coffee, tea and alcoholic beverages, chocolate, cocoa, caffeine containing soft drinks

BREADS & CEREALS
Wheat Germ

DESSERTS
Rich desserts such as mince meat, pastry, high fat cookies and cakes, whipped cream.

MEAT & FISH
Meats such as beef, lamb, pork and all fried meats.

POTATO OR SUBSTITUTE
Fried potato, potato chips

SOUPS
Broth, bouillon, consommé, meat stock soups.

MISCELLANEOUS
Gravy and yeast