

# EATING TO MANAGE GOUT

Gout has been called the "disease of kings and the king of diseases." This is because it is associated with rich foods, such as meats and alcohol. Animal products (like meat) are high in purines, which are molecules that contribute to gout attacks when you digest them.

Genetics, age, sex, and overall health are also factors. The food you eat is not a cure but can play an important part in helping to control your gout.



## MORE WATER AND LESS ALCOHOL

Alcohol, especially beer, produces uric acid which causes gout attacks. Instead of alcohol, try to drink 8 to 16 cups of fluid/day, at least half of which should be water.



## A BALANCED DIET LOW IN MEAT

A generally healthy diet is a good gout diet. Choose more fruits, vegetables, and whole grains. Avoid added sugar. Keep red meat and fish between 4 and 6 oz per day. Get most of your protein from lean poultry, dairy, eggs, nuts, beans, and tofu.



## OVERALL HEALTH

A number of common health conditions have been linked to gout, including high blood pressure, diabetes, and cardiovascular disease. Many of these are related to lifestyle, so eating well, getting adequate sleep and exercising regularly will also help manage your gout.

