



DIETETICS

Dietary Management of Gout

By OSCAR Care Group Dietitian, Breanna Farrugia

What is Gout?

Gout is a type of arthritis caused by higher than normal levels of a naturally occurring compound called uric acid in the blood stream. High levels of uric acid cause crystals to deposit in joints and soft tissues.

What are the symptoms?

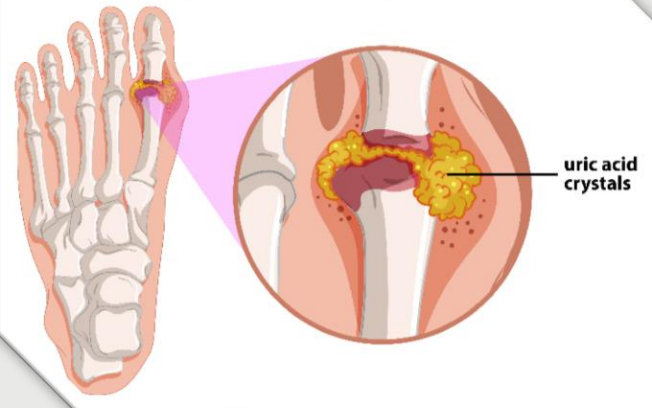
An attack of gout usually comes on very quickly, often overnight. The joint becomes very red, swollen, extremely painful & intensely sore to touch. Gout normally affects one joint at a time, often the joint of the big toe. Other joints, such as the hands, wrists, knees, ankles and elbows, can also be affected by gout.

Who gets gout?

Gout is most common among middle-age to older men. Women can get gout, but usually do not experience an attack until a decade or more after menopause.



Gout (Inflammatory Arthritis)



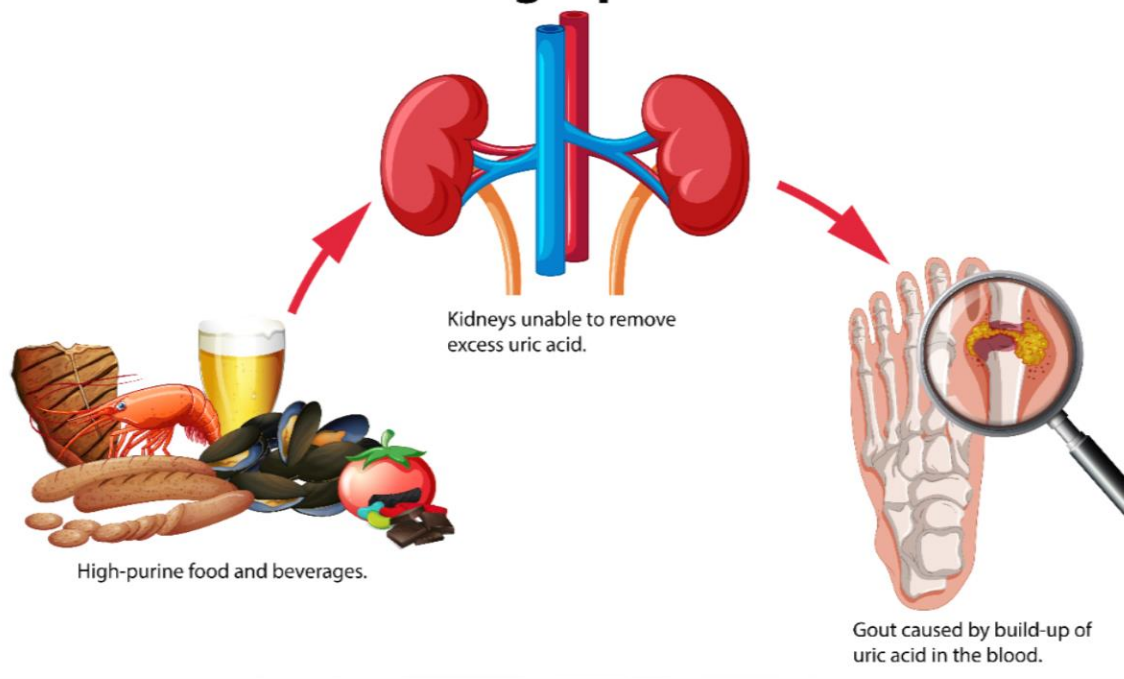
Diet and Gout: what is the link?

When foods are broken down in the body, uric acid is produced as a byproduct. Certain foods contain compounds called purines which have been shown to worsen gout symptoms due to an increase in uric acid production.

How is Gout treated?

Treatment options for gout includes medication and dietary modification (see below) which can treat gout attacks and reduce blood uric acid levels to reduce the risk of further attacks.

Gout from High-purine Foods



6 Diet and Lifestyle Strategies to avoid Gout

1. Limit high purine foods

- Organ meats such as heart, liver and kidney.
- Seafood such as anchovies, herring, mackerel, sardines, caviar, mussels, prawns, shrimps and scallops.
- Yeast containing foods such as Vegemite.

2. Eat moderate amounts of meat, poultry and fish.

- Meat, poultry and fish contain moderate amounts of purines. Ensure that meat and seafood consumed do not exceed the Australian Guide to Healthy Eating recommendations of 1–3 serves per day, with 1 serve being:
 - 65g cooked lean red meat
 - 80g cooked lean poultry
 - 100g cooked fish

3. Choose **vegetarian protein sources** more often as vegetable purine sources do not increase risk of gout. Examples of vegetarian protein sources include: tofu, cooked/canned legumes, beans, lentils and unsalted nuts/seeds

4. Choose dairy products (mostly reduced fat)

- Dairy products including milk, yoghurt & cheese can reduce uric acid levels & risk of gout.
- For further information about recommended serves and serving sizes of dairy foods please refer to this [Eat for Health guide](#).



5. Maintain a healthy weight

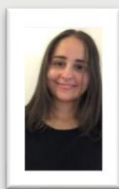
- Being above your healthy weight range can increase risk of developing gout. Gradual weight loss, with a combination of balanced healthy eating and regular physical activity, can help lower uric acid levels and reduce risk of gout attacks. Importantly, rapid weight loss should be avoided as this can increase uric acid levels and trigger a gout attack.

6. Limit alcohol

- Alcohol contains purines and hence can increase your risk of a gout attack. Beer is especially high in purines however it is the total alcohol intake as well as the type of alcohol consumed which can increase risk. It is recommended that alcohol is limited to no more than 2 standard drinks per day. For further information about alcohol recommendations and standard drinks please refer to [this guide](#).
- During an acute gout attack or in the case of poorly controlled advanced gout it is recommended to avoid all alcohol.

References

1. [Arthritis Australia](#)
2. [Gout & Uric Acid Education Society](#)



Need help with Diet strategies to avoid Gout, for you or someone you care for?
For further information, contact **OSCAR Care Group** Dietitian Breanna Farrugia.

