

PATIENT EDUCATION –

GOUT

DIET PLAN

There is a clear relationship between obesity (body mass index >30 kg/m²) and gout. Obese patients should lose weight in order to achieve ideal body mass index. Encourage patients to exercise regularly, quit smoking, remain well hydrated and follow a healthy diet, as indicated below.^[4] Such lifestyle changes can reduce serum urate by 10–18%.^[23]

The ACR recommends the following dietary guidelines:

- Avoid organ meats high in protein such as sweetbreads, liver and kidney
- Avoid foods and beverages high in fructose and corn syrup
- Avoid alcohol overuse (particularly beer, but also wine and spirits), defined as >2 servings per day for a male or >1 serving per day for a female; avoid any alcohol consumption during periods of frequent gout attacks or in poorly controlled gout
- Limit consumption of beef, lamb, pork and seafood with high purine content (sardines and shellfish)
- Limit consumption of table salt (including in sauces and gravies), table sugar and desserts
- Limit consumption of naturally sweet fruit juices and sweetened beverages
- Encourage low-fat or nonfat dairy products and vegetables