



CURE GOUT NOW!

The Cure Gout Now

Gout Food Bible

A Comprehensive List of Gout Foods

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Hello, my name's Lisa McDowell and I'm the author of the top-selling downloadable book [Cure Gout Now](#).

In October 2007 I surveyed 3008 people who had either bought my ebook or were subscribed to the Cure Gout Now newsletter.

As a result of feedback I received from the survey it was clear there was a demand for a definitive list of foods that Gout sufferers should be avoiding and also suggestions that were 'safe' to eat.

So, to answer this concern I carried out a comprehensive review and compiled three different food lists:

- Foods to Avoid
- Foods to eat in Moderation
- Foods that are Gout Friendly

However, I must point out that each person reacts in different ways and therefore some of the food items that appear in the "eat in moderation" or "gout friendly" list may not be suitable for you. What they do give is a great starting point, but some trial and error may be required to get the best results.

I hope you find this report useful and discover lots of new foods that bring relief for your symptoms.

To your good health,

Lisa McDowell

PS. If you are looking for Gout friendly recipes then you may want to take a look at my new Cure Gout Now Cookbook – It contains 50 delicious recipes that the whole family can enjoy. You can discover more about it here: http://www.cure-gout-now.com/gout_catalogue.html

In 2004 the results of a 12-year study on the effects of purine-rich foods and dairy products were published in the New England Journal of Medicine with some surprising results.

The study, *Purine-Rich Foods, Dairy and Protein Intake, and the Risk of Gout in Men* by Hyon K. Choi et al, found that men who ate the most meat increased their risk of gout by 41% and men who ate the largest amount of seafood increased their risk by a similar number. A high Body Mass Index and alcohol consumption also increased the risk of gout developing.

Conversely, a high intake of low fat dairy products actually reduced the risk of developing gout, with men eating 2 servings of low or non-fat milk or yogurt a day having the least risk. The study also discovered that vegetables high in purine, which were previously thought to increase gout risk, had no impact at all when eaten in moderation.

So, using the results from this study, the extensive research into trigger foods I have already conducted, plus the results of the Cure Gout Now survey where respondents each supplied their top 3 trigger foods, three lists have been compiled containing:

- The foods to avoid
- The foods to eat in moderation (4 servings a week)
- The foods that are Gout friendly

But before you get started with reviewing the food lists there are some other tips I'd like to point out that can help prevent gout flare-ups as diet, although plays a important role in preventing future attacks, is not the only factor that leads to raised uric acid levels.

So, try to incorporate the following simple lifestyle changes into your daily routine:

- Drink 2 to 3 L of fluid throughout the day – this helps to dilute and flush uric acid from your system.
- Maintain a healthy body weight – being overweight or obese (BMI over 30) can lead to increased uric acid production by the body.
- Lose weight slowly – if you need to lose weight do it slowly as crash dieting and losing weight too quickly can temporarily increase uric acid levels. Avoid the currently popular high-protein low-carb diets as these can worsen gout symptoms.
- Change your diet slowly – rapid changes in diet can also elevate uric acid production.
- Avoid diuretics like coffee, tea and alcohol as these encourage your body to lose fluids which can increase levels of uric acid.
- Do regular exercise – exercising regularly helps with maintenance of a healthy weight and can strengthen the muscles and tendons around joints giving you more flexibility. Exercise also promotes increased circulation and encourages excretion of uric acid from the blood. Try walking, biking or swimming.
- Protect your joints – injury to a joint can cause gout symptoms to flare or make gout attacks more frequent. The cold can also lead to a gout attack, so keep feet and hands warm during cold spells.

A – Z Gout Food Table

Foods and Drinks to Avoid	Foods to Have In Moderation	Gout Friendly Foods
Alcohol	Barley / Barley Malt	Almonds
Anchovies	Beet tops	Apple
Baker's Yeast	Black gram or urad (like a mung bean)	Apricot
Beef	Bok Choy	Arrow Root Flour
Brewer's Yeast	Bran	Artichoke
Broth	Brown Rice	Asparagus
Caffeine	Chicken (without skin)	Aubergine (Eggplant)
Calf's Liver	Chickpeas (garbanzo)	Avocado
Calf's sweet bread	Chocolate	Bagels - plain white
Carob	Cocoa	Bamboo Shoots
Carob bean gum	Dried beans or peas	Banana
Caviar (Sturgeon roe)	Dried Soya Bean	Barley without husk
Cod	Full Fat Dairy products	Bean sprouts
Coffee	Legumes	Beer, alcohol free
Cola drinks	Lentils	Beet root
Consommé	Linseed / Flaxseed	Bilberry, blueberry, huckleberry
Crayfish	Macaroni (not made with semolina)	Bread (white bread)
Dark Chicken and Poultry meat	Malt	Broccoli
Eel	Oatmeal	Brussel sprouts
Fish Roe	Oats	Cabbage, red, savoy, white, Kohlrabi
Game meats	Peanut butter	Canola Oil
Gravy	Peanut oil	Cantaloupe Melon
Haddock	Peanuts	Carrot
Herring	Pumpernickel	Cauliflower
Horsemeat	Raisin / Sultana	Celeriac
Kidneys	Rye	Celery
Lamb	Soy / Soy products	Cereals except wholegrain
Lard	Turkey without skin	Cheese Low /no fat
Lobster	Wheat flour	Cherries
Mackerel	Wheatgerm / Whole grain cereal / flour	Chicory
Meat extracts (e.g. Oxo, Bovril)	White Dried Bean	Chinese leaves
MSG	Whole wheat flour (graham flour)	Chives
Mushroom, flat, dried		Cocoa powder, oil partially removed, not including Theobromine
Ocean Perch		Coconut
Offal		Corn Bread
Ox liver and spleen		Cottage Cheese - Low / no fat
Oyster		Cress
Pig's heart, liver, lungs, spleen		Crisp bread
Pike		Cucumber
Plaice		Dates
Pork including bacon		
Poultry skin		
Powered or Evaporated		

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Milk Salmon sardines in oil Sausages Scallops Seeds Sheep's spleen Shrimp / Prawns Smelt (fish) Smoked Sprat (herring) Spleen Tea Tongue Trout Tuna in oil / Tuna fish Veal Xanthine / Xanthan gum Yeast Extract Yeast Supplements		Eggs Elderberry, black Endive Fennel leaves Fig (dried) French Beans (string beans, haricot) French Bread Fruit juices Gooseberry Grape Green Olives Grits (ground corn) Honey Ice cream low / no fat Kale Ketchup Kiwi fruit (Chinese gooseberry) Leek Lettuce Margarine Low / no fat Mayonnaise Milk low / no fat Millet Mustard Nuts, Brazil, hazelnut, Walnut Okra Onion Orange Parsley, leaf Parsnips Pasta made with egg / semolina Peach Pear Peppers Pineapple Pitta Bread - white Plain White flour Plum fresh and dried Potato, cooked with skin Pumpkin Quince Radishes Raspberry Red Currants Rhubarb Rice - White Sauerkraut
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		Soda non - cola / non - caffeine Soy Oil Spinach Squash Strawberry Sugar Sweet Corn Tapioca Tofu Tomato Yogurt, low / no fat
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Gout Foods By Category

Beverages

Drinks to Avoid	Foods to Have In Moderation	Gout Friendly Foods
Alcohol - especially beer and red wine Coffee Cola drinks Tea		Beer, alcohol free Fruit juices Herbal tea Soda non - cola / non - caffeine Water

Fish

Foods to Avoid	Foods to Have In Moderation	Gout Friendly Foods
Anchovies Caviar (Sturgeon roe) Cod Crayfish Eel Fish Roe Haddock Herring Lobster Mackerel Ocean Perch Oyster Pike Plaice Salmon sardines in oil Scallops Shrimp / Prawns Smelt (fish) Smoked Sprat (herring) Trout Tuna in oil / Tuna fish		

Dairy Products

Foods to Avoid	Foods to Have In Moderation	Gout Friendly Foods
Powered or Evaporated Milk	Full Fat Dairy products Butter	Cheese Low /no fat Cottage Cheese - Low /

		no fat Eggs Ice cream low /no fat Margarine Low / no fat Milk low / no fat Yogurt, low / no fat
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Meats / Meat Product

Foods to Avoid	Foods to Have In Moderation	Gout Friendly Foods
Beef Broth Calf's Liver Calf's sweet bread Consommé Dark Chicken and Poultry meat Game meats Gravy Horsemeat Kidneys Lamb Meat extracts (e.g. Oxo, Bovril) Offal Ox liver and spleen Pig's heart, liver, lungs, spleen Pork including bacon Poultry skin Sausages Sheep's spleen Spleen Tongue Veal	Chicken (without skin) Turkey (without skin)	

Vegetables and Fruits

Foods to Avoid	Foods to Have In Moderation	Gout Friendly Foods
	Beet tops Bok Choy Raisin / Sultana	Apple Apricot Artichoke Asparagus Aubergine (Eggplant) Avocado Bamboo Shoots

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		Banana Bean sprouts Beet root Bilberry, blueberry, huckleberry Broccoli Brussel sprouts Cabbage, red, savoy, white, Kohlrabi Cantaloupe Melon Carrot Cauliflower Celeriac Celery Cherries Chicory Chinese leaves Chives Coconut Cress Cucumber Dates Elderberry, black Endive Fennel leaves Fig (dried) French Beans (string beans, haricot) Gooseberry Grape Green Olives Kale Kiwi fruit (Chinese gooseberry) Leek Lettuce Okra Onion Orange Parsley, leaf Parsnips Peach Pear Peppers Pineapple Plum fresh and dried Potato, cooked with skin Pumpkin Quince Radishes Raspberry
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		Red Currants Rhubarb Sauerkraut Spinach Squash Strawberry Sweet Corn Tomato
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Cereals, Flours and Baked Goods

Foods to Avoid	Foods to Have In Moderation	Gout Friendly Foods
	Barley / Barley Malt Bran Linseed / Flaxseed Malt Oatmeal Oats Wheat flour Wheatgerm / Whole grain cereal / flour Whole wheat flour (graham flour) Rye Pumpernickel	Arrow Root Flour Bagels - plain white Bread (white bread) Cereals except wholegrain Corn Bread Crisp bread French Bread Pitta Bread - white Plain White flour

Pulses and Dried Goods

Foods to Avoid	Foods to Have In Moderation	Gout Friendly Foods
	Black gram or urad (like a mung bean) Brown Rice Chickpeas (garbanzo) Dried beans or peas Dried Soya Bean Legumes Lentils Pasta (not made with egg or semolina) White Dried Bean	Barley without husk Grits (ground corn) Millet Pasta made with egg / semolina White Rice

Fats and Oils

Foods to Avoid	Foods to Have In Moderation	Gout Friendly Foods
Lard	Peanut oil	Canola Oil Soy Oil Vegetable Oil

Other

Foods to Avoid	Foods to Have In Moderation	Gout Friendly Foods
Baker's Yeast Brewer's Yeast Caffeine Carob Carob bean gum MSG Seeds Xanthine / Xanthan gum Yeast Extract Yeast Supplements	Peanut butter Peanuts Soy / Soy products Chocolate Cocoa	Almonds Honey Ketchup Mayonnaise Mustard Nuts, Brazil, hazelnut, Walnut Sugar Tapioca Tofu

If you would like access to 50 delicious Gout friendly then visit the Cure Gout Now Collection Page and discover the [new Cure Gout Now Cookbook by clicking here](http://www.cure-gout-now.com/gout_catalogue.html) – http://www.cure-gout-now.com/gout_catalogue.html

Resources

Some of the information contained in this report has been adapted from the following:

The Cure Gout Now Survey 2007

<http://content.nejm.org/cgi/content/abstract/350/11/1093>

<http://www.sciencenews.org/articles/20040313/fob6.asp>

http://www.nutritionaustralia.com.au/News_in_Nutrition/Journal_Articles/purine%20rich%20foods.pdf

<http://www.About.com>

<http://www.acumedico.com>

'The Gout Haters Cookbook III' Jodi Schneiter

<http://www.healthandage.com/Home/gm=20!gid2=673>

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