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## **Low Purine Diet For Patients With Gout**

### **Foods to include daily:**

Milk: 2-3 cups  
Cheese: 1-2 ounces  
Eggs: 1 or 2  
Lean meat, Fish, or Poultry: 2 or 3 ounces  
Vegetables: 4 servings 1 or 2 servings green leafy or yellow variety  
Fruit: as desired, including one citrus fruit  
Bread, Cereals, and Cereal Products: 4-6 servings or as desired  
Fat: in moderation

### **Do Not Eat These Foods**

Anchovies  
Asparagus  
Beans  
Bouillon  
Broth  
Consommé  
Goose  
Gravy  
Heart  
Herring  
Kidney  
Lentils  
Liver  
Mackerel  
Brains or Sweetbread  
Fish (limited to the amounts listed above)  
Poultry (limited to the amounts listed above)  
Shellfish  
Meat Extracts  
Mincemeat  
Mussels  
Partridge  
Roe/ Caviar  
Sardines  
Scallops  
Yeast, Baker's or Brewers  
Mushrooms  
Peas  
Spinach

### **You May Eat These Foods**

Bread  
Butter or Margarine  
Cake or Cookies  
Carbonated Beverages  
Cereal Beverage  
Cheese  
Coffee  
Condiments  
Cornbread  
Custard  
Eggs  
Fats  
Fruit (citrus type limit 1/day)  
Gelatin Desserts  
Herbs  
Ice Cream  
Milk  
Macaroni Products  
Noodles  
Oil  
Pickles  
Popcorn  
Puddings  
Relishes  
Rice  
Sugar and Sweets  
Tea  
Vinegar