



# Family Footcare, PC

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## Getting Along with Gout

Gout is a form of arthritis that occurs as a result of the build-up of uric acid in the body and joint fluid. This accumulation of uric acid usually occurs when the body has difficulty processing protein substances called purines, which are found naturally in our bodies. When the body has difficulty eliminating the uric acid or abnormally overproduces it, it builds up in the joints causing severe pain, redness, swelling and warmth to the affected area.

	<b>FOODS PERMITTED</b>	<b>FOODS TO OMIT</b>
MILK	Carnation instant Nonfat milk, cream, Half and Half, Hot chocolate, Buttermilk, Carnation Instant Breakfast	All others.
EGGS	Any style of eggs are okay except fried eggs. Two eggs may be used as a meat substitute.	Fried eggs.
CHEESE	Cheddar, Cream, American, Swiss, Parmesan, Ricotta, Low fat cottage cheese.	Avoid any cheese containing spices or nuts.
MEATS	Lean meats, fish or poultry served twice daily.	Fried meat, bacon, liver, sweetbreads, kidney, heart, scallops, sardines, brains, anchovies, perch and trout.
VEGETABLES	Broccoli, brussel sprouts, carrots, beets, green beans, tomatoes, celery, lettuce, mushrooms, asparagus, spinach and cauliflower.	Lentils, dried peas and dried beans.
FRUITS	Any fresh canned or frozen fruit or fruit juice. Any dried fruit.	None
SOUPS	Milk soups only.	Broth, bouillion, consomme, soups containing split peas, lentils or beans.
BREAD/CEREAL	Enriched breads and cereals.	Oatmeal, whole wheat cereal. Macaroni, rice, noodles and spaghetti.
DESSERTS	Cakes, custards, puddings, gelatins, ice cream, sherbert, fruit whips and cookies. Limited amounts of pie.	High fat desserts.
FATS	Limited amounts of butter, margarine, fats, oils, salad dressing and sour cream.	Meat drippings and gravies.
SWEETS/ SPICES	Jelly, sugar, jam, honey and marmalade. Salt, catsup and mild seasoning.	None
BEVERAGES	Coffee, tea, cocoa, carbonated beverages and coffee substitutes.	Alcoholic beverages.

**Sample purine restricted diet on the other side.**

## PURINE RESTRICTED DIET

Although this diet is largely controlled by medication, it is advisable to follow a few simple procedures. They are:

1. Avoid fried and fatty foods since a high fat diet retards the excretion of uric acid.
2. Avoid sweetbreads, anchovies, sardines, liver, kidney and meat extracts such as broths, boullions and gravies. These foods are the highest in uric acid derivatives.
3. Drink two-three quarts of liquid daily to help dilute urinary uric acid.
4. Avoid alcohol.
5. Limit quantities of meat, fish, seafood, peas, beans and lentils.

Basic Meal Plan	Sample Menu
<b>BREAKFAST</b> 1 serving fruit 1 serving cereal 1 serving egg 1 serving bread 1 serving butter or margarine beverage	<b>BREAKFAST</b> 1/2 cup apple juice 1/2 cup rice krispies 2 poached eggs 2 slices white toast 2 tbsp. margarine or jam 1 cup Carnation Instant Non Fat Milk Coffee or tea
<b>10 O'CLOCK MEAL</b> 1 serving milk beverage 1 serving bread	<b>10 O'CLOCK MEAL</b> 1 cup Carnation Instant Non Fat Milk 2 graham crackers
<b>NOON</b> 1 serving soup sandwich 1 serving dessert	<b>NOON</b> 1 cup cream of celery soup 2 oz. turkey 2 tsp. margarine 2 slices white bread 1 tbsp. salad dressing 1/2 cup gelatin cubes
<b>2PM MEAL</b> milk beverage cookies	<b>2PM MEAL</b> 1 cup Carnation Instant Non Fat Milk 2 chocolate brownies - no nuts
<b>DINNER</b> 1 serving lean meat, fish, fowl or cheese 1 serving potato or substitute 1 serving vegetable 1 serving bread 1 serving butter or margarine 1 serving dessert 1 serving beverage	<b>DINNER</b> 3 oz. broiled hamburger 1 serving baked potato 1/2 cup green peas 2 slices white bread 2 tbsp. margarine 1/2 cup fruit cocktail coffee or tea
<b>BEDTIME</b> milk beverage	<b>BEDTIME</b> 1 cup Carnation Instant Non Fat Milk