



CORNERSTONE MEDICAL CLINIC

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Low Purine, Gout Diet Guide

TYPE OF FOOD	FOODS TO USE	FOODS TO AVOID
Beverages	Skim milk, coffee, tea, decaffeinated drinks, cocoa, carbonated beverages	Alcohol, whole milk, cream
Breads	White refined bread, cornbread	Rye bread or crackers, whole wheat bread, whole grain products
Cereal	All refined cereals	Oatmeal, whole grain products
Desserts	Plain cookies, angel food cake, custards, gelatin desserts, low-fat puddings, ice milk	Rich desserts, ice cream, cakes and cookies, dessert made with mince-meat
Eggs	Soft or hard cooked, poached	Fried
Fats	All (limit to 3 teaspoon daily)	Gravy
Fruits, Juices	All	None
Meat, Fish, Poultry, Cheese	Lean beef, veal, lamb, chicken, turkey, fish, washed cottage cheese, skim milk cheeses	Organ meats, meat extracts, sardines, anchovies, ham, pork, pork sausage, goose, creamed cottage cheese, cheeses made from whole milk
Potatoes or Substitutes	All potatoes, macaroni, rice, noodles, spaghetti	Fried potatoes, potato chips
Soups	Soups made with skim milk and allowed vegetables	Boullion, broth, consommé, meat extract soups
Sugar & Sweets	All	None
Vegetables	All except those to avoid	Asparagus, beans (except green), cauliflower, peas, lentils, spinach, mushrooms
Misc.	Salts, herbs, nuts, pickles, popcorn	Yeast