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## Food to Avoid for Gout & High Uric Acid

#### Meat

- Organ meats, such as liver, heart, kidney and brain
- Completely avoid the consumption of organ meats and red meats, such as, beef and pork. Bacon
- Poultry, such as, chicken and turkey can be consumed only in moderation.

# Seafood

 Seafood should be avoided e.g. shellfish such as crab, lobster, and shrimp, sardines, tuna, mackerel, herring, halibut and salmon

## Vegetables

 Some vegetables with high purines are mushrooms, black gram, beans, peas, lentils, broccoli, cauliflower, carrots, aubergine and spinach. Avoid or use in moderation.

# Yeast

 Any food item that contains yeast should be avoided, plus various <u>alcoholic</u> <u>beverages</u>, especially beer and breads.

#### **Fruits**

 Avoid <u>dried fruits</u> such as dates and figs, and <u>fresh fruits</u> such as bananas, avocado, apples, kiwi fruit, gooseberry and pineapple, etc.

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