

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 alcoholic beverages, especially beer and breads.

Fruits

- Avoid dried fruits such as dates and figs, and fresh fruits such as bananas, avocado, apples, kiwi fruit, gooseberry and pineapple, etc.