

Foods to Avoid with Gout

According to the American Medical Association (AMA), you should *avoid* purine-containing foods which include:

- Beer and other alcoholic beverages.
- Anchovies, sardines in oil, fish roes, and herring.
- Yeast.
- Organ meats such as liver, kidneys, and sweetbreads.
- Legumes (dried beans and peas).
- Meat extracts, consommé, and gravies.
- Mushrooms, spinach, asparagus, and cauliflower.

Foods which may be beneficial to people with gout include:

- Dark berries may contain chemicals that lower uric acid and reduce inflammation. Such **examples** are Cranberry Juice and Vitamin C.
- Tofu which is made from soybeans may be a better choice than meats.
- Certain fatty acids found in certain fish such as salmon, flax or olive oil, or nuts may possess some anti-inflammatory benefits.