



# Diet for Gout



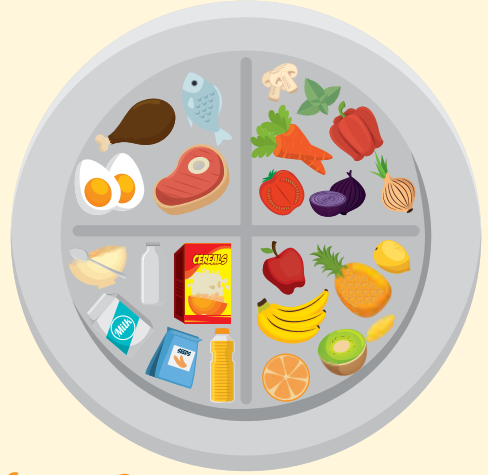
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## What is gout?

Gout is a type of arthritis which affects single joints. Gout usually attacks the big toe but can also affect the knee, ankle, foot, hand, wrist or elbow. If left untreated, an acute attack will subside in a week or two, but gout is usually prone to recurrence.

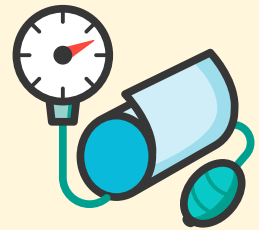
## What causes gout?

Gout is usually associated with an excessive intake of “rich” foods and alcohol. It is associated with high blood uric acid levels. Both genetic and environmental factors appear to influence the incidence of gout. About a quarter of the gout patients’ relatives will also have high uric acid levels.



## What are the risk factors of gout?

1. High blood uric acid levels
2. High blood pressure
3. Overweight/obesity
4. Alcohol consumption
5. Family history



## What is uric acid?

Uric acid is a metabolite of purine. Purine can be found in foods such as organs, shellfish and alcohol. High levels occur in the blood when the body produces too much uric acid and/or the kidneys cannot eliminate enough of it. Uric acid levels also increase when a person is fasting.

Uric acid is not very soluble in water and can crystallise in the joints, causing inflammation and gout.

## What is the normal level of blood uric acid?

<b>Men</b>	300 – 500mmol (5 - 8.3mg/L)
<b>Women</b>	150 – 380mmol (2.5 - 6.3mg/L)

Should you suffer from gout, ensure that your uric acid levels are less than 360mmol/L. If you suffer from severe gout, the aim of the treatment is to bring your uric acid to below 300mmol/L.

## What are the consequences of having high uric acid levels?

1. Kidney damage
2. Kidney or urinary tract stones
3. Joint damage
4. Gouty deposits around joints called tophi

## Treatments for gout

1. Low purine diet
2. Low purine diet with medication

## How should I control my diet?

### Suitable foods

- ➔ Fresh fruits and vegetables (except those listed on the next page)
- ➔ Nuts (except peanuts)
- ➔ Low-fat milk and milk products
- ➔ Eggs (in moderation)
- ➔ White bread, white rice and plain noodles



## Foods to be taken in moderation

- ➔ Meat
- ➔ Fish
- ➔ Poultry
- ➔ Scallop, lobster, mussel, oyster and crayfish
- ➔ Sunflower seeds
- ➔ Peanuts and peanut butter
- ➔ Oats and wholegrain or wholemeal products
- ➔ Dry lentils, chickpeas, peas, beans and barley
- ➔ Dried fruits
- ➔ Banana and jackfruit
- ➔ Bean sprouts, leeks and broccoli



## Foods high in purine and suitable alternatives

AVOID:	ALTERNATIVES:
Yeast extracts (e.g. marmite, vegemite and bovril)	Trans-fat free margarine or jam (spread thinly)
Animal internal organs (e.g. liver, kidney, heart), brains, beef, mutton, fish roe and cured meat	Lean meat, chicken or fish (limit to one serving or one palm size per meal)
Small fish (e.g. ikan bilis, sardines, herring, trout, tuna, canned fish)	Fresh fish (limit to one serving or one palm size daily)
Soy bean and related products (e.g. beancurd, bean paste, soya bean milk, tempeh)	Low-fat milk or yogurt and cheese; lean meat or chicken and poultry; eggs, nuts and other legumes
Broth, meat stocks (e.g. chicken essence, bak kut teh soup, gravy and stock cubes)	Fresh herbs and vegetables (e.g. onions, carrots, tomatoes) to prepare broth or soup
Fructose sweetened drinks (e.g. fizzy drinks like Coke, Fanta, Sprite)	Water

## In addition...

- ➔ Have balanced meals that include a variety of food.
- ➔ Decrease the amount of fat and oil used in your meals as these will increase uric acid production.
- ➔ Get most of your energy from starchy foods.
- ➔ Limit sugar intake (sugary foods and beverages) especially if you are overweight.
- ➔ Avoid alcohol as it will increase uric acid production. If you wish to drink, please discuss your alcohol consumption with your doctor.
- ➔ Take prescribed medications according to your doctor's instructions.
- ➔ Maintain your ideal body weight and be as active as possible. Do not follow a crash diet even if you are very overweight, as it can bring on an attack of gout. Also, avoid a high protein diet to lose weight as this may trigger or aggravate a gout attack.
- ➔ Drink at least 2 litres (8 cups) of water daily (unless you were told to restrict fluid for your medical condition).
- ➔ Do simple movements to prevent stiffness but do not over exercise or strain the affected joint.
- ➔ Keep a food diary to monitor your food intake and try to avoid foods that may aggravate gout attacks.



Proper dietary management is essential to avoid further attacks and prevent complications.



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