

# Low Uric Acid Diet

## WHAT YOU NEED TO KNOW

### What is Uric Acid?

Uric acid is a byproduct of purines (PYUR-eenz). Purines are naturally occurring substances and are found in many food items. As purines are broken down in the body, they are eliminated as uric acid.

Normally, uric acid passes through the kidneys and is excreted in urine. However, when the kidneys cannot process all of the uric acid, **hyperuricemia**, or elevated uric acid in the blood, may develop. This can lead to development of uric acid crystals in joints and tissues causing a type of arthritis known as ***gout***.

Gout or gouty arthritis, occurs when these uric acid crystals build up in your joints, particularly in the big toes or ankles. This can cause acute pain, tenderness, swelling and redness. If left untreated, it can structurally damage the joints.

Recent research has determined that approximately 10% of Americans with Chronic Kidney Disease (CKD) also have gout (or hyperuricemia), and if left untreated, can further worsen kidney function, (1). In addition to decreasing foods high in uric acid from your diet, your healthcare provider may also prescribe medications to reduce the uric acid in the blood as well.

### What are the effects of hyperuricemia (elevated uric acid levels)?

When your kidneys are not functioning properly, they do not filter out uric acid properly, thus potentially leading to a number of health issues.

Elevated hyperuricemia (elevated uric acid levels) may cause;

- Worsening of kidney function
- Flare up of gout
- Damage to affected joints

### What are some "DO's and Don'ts" regarding a Low Uric Acid diet?

#### Do:

- Avoid or limit high-purine (uric acid) foods (see enclosed dietary recommendations)
- Avoid or limit alcohol. Alcohol increases purine production, thus further worsening hyperuricemia
- Limit meat to 3 ounces per meal
- Limit high fat foods, such as salad dressings, ice cream, fried foods, & gravies. Fat holds onto uric acid in your kidneys
- Exercise - even 1 minutes of moderate to brisk walk is helpful
- Drink 8-12 cups of fluid daily - this will help reduce kidney stone formation and decrease uric acid crystals
- Every person has their own food "triggers" that causes a flare-up of gout - know what foods impact this for you and avoid eating them

#### Don't:

- Don't take baker's yeast or brewer's yeast as a supplement

## What are some food options that I can/cannot eat on a Low Uric Acid diet?

Food Categories	Foods to limit and/or avoid	Acceptable Food Choices
<b>Meats and Proteins</b>		
<ul style="list-style-type: none"> <li>▪ Total of 6 ounces daily</li> <li>▪ Serving size =               <ul style="list-style-type: none"> <li>▪ 2-3 ounces cooked meat</li> <li>▪ 1 ounces of cheese</li> <li>▪ 2 TBSP peanut butter</li> <li>▪ 1 egg</li> <li>▪ ½ cup cooked dry beans</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Sweetbreads</li> <li>▪ Anchovies</li> <li>▪ Sardines</li> <li>▪ Liver</li> <li>▪ Kidneys</li> <li>▪ Brains</li> <li>▪ Scallops</li> <li>▪ Shellfish (lobster, shrimp &amp; crab)</li> <li>▪ Mussels</li> </ul>	<ul style="list-style-type: none"> <li>▪ Veal, pork, fish, eggs, peanut butter, nuts, low fat cheeses</li> <li>▪ Limit to 2 servings per week (2-3 ounces/serving)               <ul style="list-style-type: none"> <li>▪ Dried peas</li> <li>▪ Red meat (beef, lamb)</li> </ul> </li> </ul>
<b>Milk and Dairy</b>		
<ul style="list-style-type: none"> <li>▪ 2 servings each day</li> <li>▪ Serving size=1 cup milk or yogurt</li> </ul>	<ul style="list-style-type: none"> <li>▪ Whole milk</li> <li>▪ Cream</li> <li>▪ Sour cream</li> <li>▪ Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>▪ Skim or low fat milk</li> <li>▪ Low fat yogurt</li> <li>▪ Low fat ice cream</li> </ul>
<b>Fruits and Vegetables</b>		
<ul style="list-style-type: none"> <li>▪ 3 - 4 servings each day</li> <li>▪ Serving size=               <ul style="list-style-type: none"> <li>▪ 1 medium size piece of fruit</li> <li>▪ ½ cup canned fruit</li> <li>▪ ¾ cup fruit juice</li> <li>▪ 1 cup raw or ½ cup cooked vegetable</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Limit avocados</li> <li>▪ Limit high fat cooking including;               <ul style="list-style-type: none"> <li>▪ Au Gratin potatoes</li> <li>▪ Fried foods</li> <li>▪ Cream sauces</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ All fruit and juices (if diabetic, monitor sugar in fruit juices)</li> <li>▪ Limit to 2 servings per week;               <ul style="list-style-type: none"> <li>▪ Mushrooms</li> <li>▪ Dried peas</li> <li>▪ Beans</li> <li>▪ Spinach</li> <li>▪ Asparagus</li> <li>▪ Cauliflower</li> </ul> </li> </ul>
<b>Breads and Grains</b>		
<ul style="list-style-type: none"> <li>▪ 6-11 servings each day</li> <li>▪ Serving size=               <ul style="list-style-type: none"> <li>▪ 1 slice of bread</li> <li>▪ 1 cup cereal</li> <li>▪ ½ cup cooked cereal, rice or pasta</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Limit high fat breads like;               <ul style="list-style-type: none"> <li>▪ Pancakes</li> <li>▪ French toast</li> <li>▪ Biscuits</li> <li>▪ Muffins</li> <li>▪ French fries</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ All enriched breads</li> <li>▪ Cereals</li> <li>▪ Rice</li> <li>▪ Noodles</li> <li>▪ Pasta</li> <li>▪ Potatoes</li> </ul>

Food Categories	Foods to limit and/or avoid	Acceptable Food Choices
<b>Beverages</b>		
	<ul style="list-style-type: none"> <li>▪ Alcohol</li> <li>▪ Beer</li> <li>▪ Wine</li> <li>▪ Hard liquor</li> </ul>	<ul style="list-style-type: none"> <li>▪ Coffee, Tea, cocoa</li> <li>▪ Limit servings of;               <ul style="list-style-type: none"> <li>▪ Salt intake</li> <li>▪ Carbonated beverages (3 per week)</li> </ul> </li> </ul>
<b>Fats, Oils and Condiments</b>		
	<ul style="list-style-type: none"> <li>▪ Meat gravies</li> <li>▪ Baker's and brewer's yeast</li> <li>▪ Meat stock based soups</li> <li>▪ Bouillon, broth, consume</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lemon juice</li> <li>▪ Herbs and spices without salt</li> <li>▪ Low sodium catsup</li> <li>▪ Low sodium soy sauce</li> </ul>

*This information is for educational purposes only and is not intended to replace the advice of your healthcare provider. Please discuss any questions you have with your physician or healthcare provider.*

**References**

- Arthritis Foundation Gout blog Accessed 5/3/2017 <http://blog.arthritis.org/gout/>
- Gout and Uric Acid Education Society Accessed 5/3/2017 <http://gouteducation.org/patient/what-is-gout/uric-acid/>
- American Journal of Kidney Disease; "Prevalence of CKD and Uncontrolled Among U.S. Adults: Results from NHANES 2007-2012".