



WHAT IS GOUT?

Gout is a painful condition that results in recurrent swollen and tender joints, most commonly in the feet. The symptoms of gout are caused by the build-up of uric acid in the joints. Uric acid is formed when purines break down in the body. Purines are found in many foods. Eating a low purine diet with sufficient amount of water can help to prevent gout. Also, it will lower your risk of getting kidney stones.

GENERAL GUIDELINES:

- Eat a balanced healthy diet.
 - Limit lean meat and poultry to 5 - 6 ounces per day.
 - Avoid organ meats.
 - Avoid alcohol and alcoholic beverages.
 - Avoid food and sweetened beverage containing high fructose corn syrup.
- Drink plenty of water.
- Exercise regularly.
 - Plan to get about 30 minutes of exercise every day.
- Maintain a healthy body weight.

FOODS TO AVOID

Alcohol and alcoholic beverages
Anchovy
Asparagus, cauliflower, spinach, mushrooms and green peas
Bacon
Codfish
Crab
Dried beans and lentils
Goose
Gravy and sauces made with meat
Haddock
Herring
Lobster, oyster and shrimp
Mackerel
Meat or fish based soups, broths, or bouillons
Mussels
Organ meats (such as liver, kidney or brain)
Sardine
Scallop
Trout
Tuna
Wild game meats (such as quail or squab)
Yeast and yeast extract (taken as supplements)

For more information on a low purine diet, please schedule an appointment with a nutritionist (Registered Dietitian).

Sources:

- National Institute of Arthritis and Musculoskeletal and Skin Disease
- Nutrition Care Manual
- Mayo Clinic

FOODS YOU CAN EAT

All fruits
Beef, pork, chicken and turkey (no more than 6 ounces daily)
Bread, pasta, rice and corn bread
Chicken egg
Fat free milk and dairy products
Nuts and peanut butter
Oatmeal (no more than 2/3 cup uncooked daily)
Vegetable soups (made without meat)
Vegetables (except mentioned in the following table)
Water

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什麼是痛風?

痛風是一種由復發性關節腫脹疼痛引致的疾病，症狀常出現在腳部。痛風的症狀是由於體內的尿酸在關節中積聚而引起的。身體中的嘌呤分解後形成尿酸。嘌呤存在於許多食物中，而選擇低嘌呤的飲食並飲充足的水份有助預防痛風。還可以降低產生腎結石的風險。

飲食準則:

- 進食健康、均衡的飲食。
 - 每天控制瘦肉類和家禽肉類的食量在五至六安士。
 - 避免食用動物內臟。
 - 避免飲酒或含酒精的飲料。
 - 避免吃含有高果糖玉米糖漿的食品。
- 喝充足的水。
- 經常運動。
 - 每天運動至少三十分鐘。
- 保持一個健康的體重。

可吃的食物

所有水果

牛肉、豬肉、雞肉和火雞肉
(每天不多於 6 安士)

麵包、麵條、米飯和玉米麵包

雞蛋

脫脂牛奶和奶製品

果仁和花生醬

麥片 (每天不多於 ½ 杯)

蔬菜湯 (不加肉煮的)

蔬菜 (除了以下表中提到的蔬菜)

水

最好避免的食物

酒或含酒精的飲料

鳳尾魚 (或鯷魚)

蘆筍、椰菜花、菠菜、蘑菇和豌豆

熏肉

鱈魚

螃蟹

干豆和小扁豆

鵝肉

肉汁和肉類製成的醬汁

黑線鱈魚

鯡魚 (或青魚)

龍蝦、蠔和蝦

鯖魚 (或馬鮫魚)

肉湯或魚湯

蚌 (或青口)

動物的內臟 (例如肝、腎或腦)

沙丁 (甸) 魚

帶子 (扇貝)

鮭魚

吞拿魚

野味肉 (例如鸚鵡或乳鴿)

酵母和酵母萃取物 (作為營養補充品食用)

如果想知道更多關於低嘌呤飲食，請預約營養師諮詢。

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