

Village Health Clinic

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Low-Purine Diet

Foods that contain the compound purine can trigger an attack of gout in susceptible individuals, because purine raises uric acid levels in the body. Most foods with high purine levels are also rich in protein, consequently alternative sources of protein should be included in a low-purine diet. Consult a doctor to design an appropriate diet.

Foods with very high purine levels:	Anchovies, Brains, Gravies, Kidneys, Liver, Sardines, Sweetbreads
Foods with high purine levels:	Bacon, Beef, Calf tongue, Carp, Chicken soup, Codfish, Duck, Goose, Halibut, Lentils, Perch, Pork, Rabbit, Sheep, Shellfish, Trout, Turkey, Veal, Venison
Foods with moderately high purine levels:	Asparagus, Bluefish, Bouillon, Cauliflower, Chicken, Crab, Ham, Herring, Kidney beans, Lima beans, Lobster, Mushrooms, Mutton, Navy beans, Oatmeal, Oysters, Peas, Salmon, Spinach, Tripe, Tuna