

Bart's Purine Restricted Diet

Purpose:

The diet is designed as an adjunct to drug therapy to lower the serum uric acid level in the treatment of gout, gouty arthritis, hyperurcemia and hyperuricosuria. The major modality for treatment of acute gout is the use of anti-inflammatory drugs such as colchicine and indomethacin. Chronic therapy of hyperuricemia can be maintained with either probenecid or allopurinol. The diet may be most beneficial for individuals who are unable to tolerate drug therapy. However, a restricted diet will only slightly reduce serum uric acid levels.

Description:

This diet reduces exogenous sources of nucleoproteins, which lead to uric acid formation. Foods, which contain more than 150 mg. Purine per 100-gram (3-oz.) serving are eliminated.

Adequacy:

The diet will meet the Recommended Dietary Allowance except for thiamin and iron if protein is restricted to less than 1gm/kg/healthy body weight.

General Guidelines

1. The diet should be planned to promote gradual weight reduction when appropriate.
2. Protein intake should not exceed 1 gm/kg/healthy body weight.
3. Daily fluid intake of at least 64 ounces (2 Quarts) is recommended to decrease uric acid concentration and therefore prevent renal uric acid stones.
4. Alcohol should be limited to 100 grams or less per day to help prevent hyperuricemia.
5. Fat intake should be limited to 25 - 30 % of total calories, because high fat intake causes decreased urinary excretion of uric acid.
6. Adequate intake of carbohydrate calories is encouraged to prevent starvation-induced ketosis, which may lead to decreased uric acid excretion.
7. The elimination of coffee, tea and cocoa is not necessary.

Foods to Avoid (contain 150-800 mg. Purine per 3 oz. Serving):

Anchovies	Herring	Sardines
Beer	Kidney	Scallops
Brains	Liver	Shrimp
Game Meats	Mackerel	Sweetbreads
Gravies	Meat Extracts	Yeast (Brewer's & Baker's)

Foods to Limit (contain 50-150 mg. Purine per 3 oz. Serving):

Asparagus	Fish, fresh & saltwater
Cauliflower	Meat-beef/lamb/pork/veal
Dried peas & beans	Poultry-chicken/duck/turkey
Mushrooms	Shellfish-crab/lobster/oysters
Green peas	Oatmeal
Spinach	Wheat germ & bran
	Meat soup & broth

Foods Allowed in Unlimited Quantities (contain 0-50 mg. Purine per 3 oz. Serving)

Coffee, tea, chocolate, cocoa, soft drinks	Gelatin
Breads & cereals (except whole grain)	Milk & milk products
Cheese	Nuts
Eggs	Sugar, syrups, sweets
Fish roe	Vegetables (except as listed above)
Fruits & fruit juices (all varieties)	Vegetable & cream soups

Sample Menu

Breakfast

Orange Juice - $\frac{1}{2}$ cup
Cornflakes- $\frac{3}{4}$ cup
Scrambled Egg- 1
White Toast- 1 slice
Grape Jelly 1 Tbsp.
Lowfat milk- 1 cup
Margarine- 2 tsp.
Sugar- 3 tsp.
Nondairy Creamer- 1 tsp.
Coffee/Tea

Lunch or Supper

Lean Hamburger-2 oz.
Bun- 1 medium
Lettuce & Tomato
Green Beans- $\frac{1}{2}$ cup
Canned Peaches- 2 halves
Sugar- 2 tsp.
Mustard- 1 tsp.
Catsup- 1 Tbsp.
Nondairy Creamer- 1 tsp.
Coffee/Tea

Dinner

Broiled Chicken-3 oz.
Buttered rice- $\frac{1}{3}$ cup
Broccoli- $\frac{1}{2}$ cup
Roll- 1 medium
Margarine- 2 tsp.
Baked Apple 1 small
Lowfat Milk- 1 cup
Sugar- 2 tsp.
Nondairy Creamer- 1 tsp.
Coffee/Tea