



# DIETARY PRINCIPLES FOR GOUT



Gout is caused by the defective metabolism of purine, leading to an excessive build-up of uric acid in the joint area, resulting in inflammation, swelling and pain. Depending on the patient's condition, doctors may prescribe medication to lower the blood uric acid level. At the same time, patients should also avoid foods that are high in purine content. Even when the condition is under control, patients with gout still need to control their diet by limiting the intake of foods that may trigger gouty arthritis attacks.



# Food Choice Recommendations for Gout

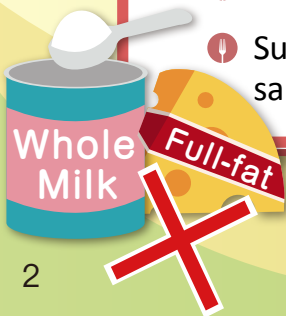
## Avoid consuming high-purine foods:

- Alcoholic drinks (especially beer)
- Offal (such as liver, intestine, kidney and heart)
- Sardines, eel, dried fish and hairtail fish
- Fish skin and fish roe
- Scallop, dried scallop, mussel, oyster, shrimp, crab and dried shrimp
- Meat sauce, broth, meat extract and chicken essence



## Avoid choosing:

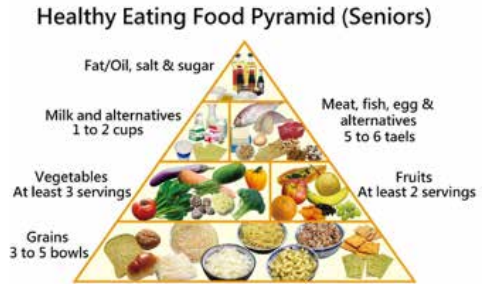
- Whole milk or full-cream milk and full-fat cheese
- Full-cream evaporated milk and filled evaporated milk
- Non-dairy creamer
- Sugary beverages such as carbonated drinks and juice
- Sugary foods such as cakes, wafer layer biscuits, sandwich biscuits and cookies





# Choose according to the Healthy Eating Food Pyramid :

- ④ Grains such as white rice, rice noodles, plain noodles and white bread
- ④ Vegetables and gourds
- ④ Fruits
- ④ Meat, fish, egg and alternatives such as lean pork, egg and tofu
- ④ Milk and alternatives such as low-fat/fat-free milk, low-fat cheese and low-fat plain yoghurt
- ④ Water and tea



## Low-fat cooking tips:

- ④ Adopt low-fat cooking methods, such as steaming, braising, blanching and baking.
- ④ Use non-stick kitchenware to reduce the amount of oil used or stir-fry with less oil.
- ④ Trim the animal skin and fat before cooking.
- ④ Measure out cooking oil by measuring spoon to help control the amount to be used



# Dietary Principles for the Prevention of Gouty Arthritis Attacks

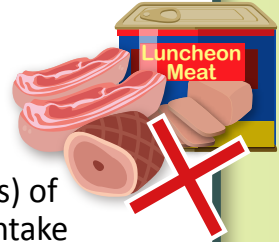
## 1 Maintaining an optimal body weight

Excessive body fat will increase the risk of gout development. For weight management purpose, overweight or obese individuals should adhere to healthy eating principles and incorporate physical activities in their daily routine. Gradual weight reduction is recommended.



## 2 Avoid excessive intake of meat and seafood

Consume 5-6 tael (Approximately 200–240 grams) of meat, fish, egg and alternatives per day. Reduce intake of red meat, processed meat and seafood with high-purine content. Dried beans can replace some of the meat intake.



## 3 Drink more fluid

Sufficient fluid intake helps the body to excrete excessive uric acid and reduce the accumulation of uric acid crystals. Drink at least 8 cups<sup>#</sup> of fluid per day such as water and tea, unless on fluid restriction as directed by a doctor.

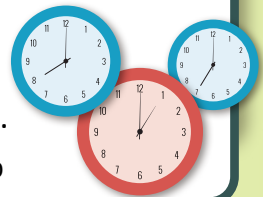


## 4 Avoid alcohol

Avoid beer and alcoholic drinks. The dehydration effect of alcohol will create burden for the renal function and will reduce the uric acid excretion.

## 5 Eat regularly and in moderation

Avoid prolonged periods of fasting or overeating.



<sup>#</sup>According to a 240ml cup

For any queries about this pamphlet,  
please consult a healthcare professional.

Elderly Health Service, Department of Health  
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