



RENAL ASSOCIATES

Purine-Restricted Diet

Why follow a Purine-Restricted Diet? If you suffer from gout or kidney stones, this diet, along with medication, will help lower uric acid levels and may help relieve your pain! Also, by reducing the amount of fatty foods you eat, you may have fewer gout attacks.

Breads, Cereals, Rice and Pasta

- 6-11 servings each day, serving size = 1 slice of bread, 1 cup ready-to-eat cereal, 1/2 cup cooked cereal, rice or pasta
- Recommended: All refined breads and cereals, enriched rice, barley, noodles, spaghetti, macaroni, and other pastas. In moderate amounts: whole-grain breads and cereals, oatmeal, wheat germ, or wheat bran
- Go easy on high-fat breads like muffins, French toast and biscuits. Use tomato-based sauces on pasta or rice instead of cream or cheese sauces

Fruits

- 2-4 servings each day, serving size = 2 medium size, 1/2 cup canned, 3/4 cup juice
- Recommended: All fruits and juices
- Avocados are high in fat, eat them in limited quantities

Vegetables

- 3-5 servings each day, serving size = 1 cup raw leafy, 1/2 cup cooked
- Recommended: Moderate amounts: asparagus, cauliflower, green peas, mushrooms, and spinach
- Limit vegetables that are fried, au gratin, or prepared with cream such as French fries or creamed potatoes

Milk, Yogurt and Cheese

- 2-3 servings each day, servings size = 1 cup milk or yogurts, 1 1/2 ounces cheese
- Recommended: Skim and 1% milk, low-fat yogurt, and low-fat cheeses

Meats, Poultry, Fish, Dry Beans, Peas, Eggs, and Nuts

- 2 servings each day, serving size = 3 ounces of meat at each meal; count 1 egg, 1/2 cup cooked beans or 2 tablespoons peanut butter as 1 ounce of meat
- Recommended: Moderate amounts: beef, lamb, veal, pork, poultry, fish, shellfish, eel. Dry beans and peas, peanut butter, and nuts. Limit egg yolks to 3-4 per week
- Avoid the following foods: sweetbreads, anchovies, sardines, liver, beef kidneys, brains, meat extracts, herring, mackerel, and scallops
- Limit meat, poultry, or fish that is fried or served with gravy or cream sauces

Desserts, Snacks, Sweets, Condiments, and Beverages

- Recommended: Creamed soups made with low-fat milk and vegetable broth-based soups; flavored gelatin, ice milk, plain cookies and angelfood cake; iodized salt, herbs and spices; carbonated drinks, cocoa, coffee, fruit drinks and tea. Moderate amounts: meat gravies and soups made with meat stock, baker's and brewer's yeast
- Use fats and oils like butter, margarine, cream, and salad dressings sparingly. Limit high-fat snack chips and sweets such as doughnuts, sweet rolls, pie, cake, cookies, and ice cream. Ask your doctor if you may drink alcohol. If you drink alcohol, make sure you drink with a meal

Keep in Mind

- Since large meals can aggravate your symptoms, try to avoid eating heavy meals, especially late in the evening
- To help prevent dehydration and kidney stones from forming make sure you drink 8-12 cups of liquid every day

Sample Menu

Breakfast

Orange juice

Cornflake cereal

Fresh berries

Toasted white bread with jam

Skim or 1% milk

Coffee or tea

Lunch

Hamburger (3 ounces) on a bun with lettuce and a sliced tomato

Baked potato with margarine

Fruit salad

Skim or 1% milk

Dinner

Tossed salad with fat-free dressing

Broiled chicken breast (3 ounces)

Herbed rice

Steamed broccoli

Dinner roll with margarine

Vanilla ice milk

Coffee or tea

Snack

Tomato juice with a lemon twist

Pretzels