

**Highland Milford Foot Specialists**

1550 N. Milford Road  
 Milford MI 48381  
**(248) 685-1300**

**Harvey Lefkowitz DPM pc***Physicians and Surgeons of the Foot and Ankle*

641 West Nine Mile Road  
 Ferndale MI 48220  
**(248) 548-7363**

**Diet Limitations in Gout**

Gout is caused by high levels of uric acid in the blood. The excess uric acid accumulates as crystals in the joints, causing inflammation and pain.

1. These foods dramatically raise uric acid levels in the blood, and should be avoided **ENTIRELY**:

Liver	Sardines	Heart	Pork Chops
Kidney	Herring	Brain	Fried Foods
Mussels	Meat gravies	Sweetbreads	Beer
Anchovies	Soups/Broths	Fish roes	Wine

2. These foods moderately raise uric acid levels in the blood, and should be eaten only in small quantities (one serving per day):

Fish	Seafood	Mushrooms	Meats
Red meat	Poultry	Beans	Spinach
Yeast	Lentils	Peas	Foul
Asparagus	Cauliflower	Whole Grain Cereal	

3. These foods help to keep uric acid low, and should be included abundantly in your diet:

Vegetables (except as noted above)	Sugars & Sweets	Eggs
Spices & Condiments (inc. salt and vinegar)	Vegetable Soups	Milk
Butters & Fats (in moderation)	Refined Cereals	Grains
Mild Cheese	Seeds/Nuts	Raw Fruits

4. Drink plenty of water.
5. **AVOID** alcohol, caffeine (coffee, tea, soda with caffeine (Pepsi, Mt. Dew), Iced Tea, Lemonade) and high fat foods.