

## Purine-restricted Diet for People with Gout

The compound purine comes from protein foods. It can be made by the body or come from the foods we eat and digest. Purines break down to form a blood chemical, uric acid. Most times when individuals have high uric acid levels, they are controlled with medications and not diet, however in some people, restriction of purine-rich foods will contribute significantly to reducing high uric acid production.

### **Foods that are highest in purines:**

- Organ meats
- Anchovies
- Meat extracts

### **Foods that have moderate amounts of purines:**

- Poultry
- Lentils
- Whole grains
- Beans
- Peas
- Select vegetables such as: asparagus, cauliflower, mushrooms, spinach

### **Foods that contain very small amounts of purines:**

(should not necessarily be restricted in persons with gout)

- Fruits
- Milk
- Cheese
- Eggs
- Coffee and tea
- Chocolate
- Refined grains
- Pasta
- Butter
- Vegetable soups
- Yeast

### **Background Information:**

People who have gout experience increased symptoms when their blood level uric acid is high. A diet high in purine-rich foods results in a high production of uric acid within the body. People who experience gout have difficulty excreting the excess uric acid in their urine, resulting in uric acid deposits.

Eating a diet low in purine-rich foods, and staying well hydrated often prevents symptoms of gout. Some people, however, will require medication to assist in the excretion of uric acid.

### **What people need to know:**

A purine-restricted diet has a greater impact on the Maintenance and Healthy Solutions<sup>®</sup> diet, than the all-shake diet.

### **HMR<sup>®</sup> product restrictions:**

The following HMR products may be used in limited quantities (no more than 2 of the following per day) on a purine-restricted diet:

- HMR 500 Chicken Soup (contains meat extracts)
- Vegetable Stew with Beef (contains beef and peas)
- Mexican-Style Bean and Beef Enchiladas with Sauce (tortilla)
- Five-Bean Casserole (contains beans)
- Turkey Chili with Beans (beans)
- Lasagna with Meat Sauce (beans)
- Chicken with Barbeque Sauce with Rice and Beans (beans)
- Pasta Fagioli (beans)
- Beef Stroganoff with Noodles (beef)
- Beef Pot Roast with Vegetables and Gravy (beef)
- HMR Multigrain Hot Cereal (contains whole grains)

Note: People who are on a purine-restricted diet should be reminded to drink 2-3 liters or 8-12 cups of fluid daily.

### **The following products may be used without restrictions:**

- HMR 120, 500, 800, and 70 Plus Shakes
- Chicken Creole
- Cheese and Basil Ravioli with Tomato Sauce
- HMR BeneFit<sup>®</sup> Bars
- HMR Vitamins
- Savory Chicken
- Chicken Pasta Parmesan
- Mushroom Risotto