

GOUT

Gout is a form of arthritis, and affects people from all walks of life. People with gout have too much uric acid in their bodies. When the body cannot get rid of the uric acid, it changes into crystals that are deposited in joints. The deposits can irritate the joint lining and cause it to become very sore.

The first joint of the big toe is usually the first place gout occurs. Other places for an attack of gout can be the knee, ankle, foot, hand, wrist, or elbow. The gout attack occurs suddenly and is very painful. It usually lasts a few days.

What to do:

1. Take medicines your doctor prescribes. The medicine should help relieve the pain and control the amount of uric acid in your body.
2. Eat meals at regular times. Don't skip meals.
3. Do not eat organ meats such as kidneys or liver. Do not eat sardines, anchovies, or gravy or broth. These foods have high levels of purine, which produces uric acid.
4. Eat lots of fruits and vegetables (except those listed).
5. Drink more liquids every day, especially water.
6. Avoid drinks with alcohol in them. Alcohol can cause too much uric acid, and can bring on an attack of gout.
7. If you are overweight, don't gain any more and begin to lose weight to avoid future attacks.
8. If your gout is "acting up," don't eat foods high in purine. When you are in less pain, you may not have to be so careful.

Special instructions _____

Some foods are high in purines, which produce uric acid in the body. If you have gout, your body has a problem getting rid of excess uric acid. That's why you should not eat foods that create more uric acid. Use the following guidelines to avoid foods that bring on an attack of gout.

During one week, you may have up to 4 servings (total) of these vegetables, meats, or fish.

Vegetables	Meat	Fish and Shellfish
Asparagus	Ham	Salmon
Cauliflower	Tripe	Bluefish
Kidney beans	Chicken	Shad
Lima beans	Mutton	Tuna
Navy beans		Whitefish
Mushrooms	And bouillon	Lobster
Peas		Oysters
Spinach		Crab
And oatmeal		

Eat no more than 1 serving (total) a week from the following list of foods.

Vegetables	Meat	Fish	Soup
lentils	Bacon, pork	Carp	Chicken, and other
	Duck, goose	Codfish	meat soups
	Partridge	Perch	
	Pigeon, squab	Pike	
	Quail, pheasant	Halibut	
	Turkey	trout	
	Beef, calf tongue		
	Veal		
	Liver sausage		
	Rabbit		
	Sheep		
	venison		

Do Not Eat		
Sweetbreads	anchovies	mackerel
Liver	kidney	herring
Meat extracts	gravies	sardines
		brains