



Nutritional tips for Gout patients

The following food items are to be avoided for patients with Hyperuricemia/Gout:



Nuts



Chocolates



Mushroom



Shrimp



Crab

The following food items are to be moderated for patients with Hyperuricemia/Gout:



Red
Meat



Pulses



Spinach

It is recommended that you drink at least **three liters** of water per day.