

Uric Acid Reduction Diet



Foods to avoid

Contain very high levels of Uric Acid

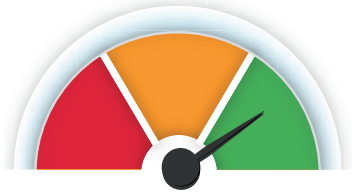
- Sardine fish, anchovies, shrimps, oysters, duck or goose meat
- Organ meats such as spleen, liver, kidney, brain
- Yeast supplements, brewer's yeast, alcohol



Foods allowed
in small quantities

Contain moderate levels of Uric Acid

- Mushroom, green peas, spinach, asparagus, cauliflower, broccoli
- Whole wheat products and cereals, oat, wheat germ, wheat bran
- Red meat (veal meat, beef meat), meat broth, chicken or meat broth cubes, chicken, meat, fish or beans



Foods allowed

Contain low levels of Uric Acid

- Peanut butter, nuts
- Egg, low fat cheeses, low fat labneh
- Low fat or skimmed milk, low fat or skimmed yoghurt, coffee, tea and juices
- All fresh and cooked vegetables or its juices that are not included in the "avoided" or "allowed in small quantities" list
- Jelly, low fat ice-cream

Drink 2 to 3 liters (8 – 12 glasses) of water daily that will help to dilute your urinary Uric Acid

Note: These guidelines are general and you can consult our dietitian to plan your protein and food requirements according to your Uric Acid level and current health status.

