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## **Low Purine Diet to Prevent Gout and Uric Acid Kidney Stones**

Purines are derived from DNA found in the cells of the foods we eat. These purines are metabolized in the human body into Uric Acid. Uric Acid, in high concentrations, can precipitate into crystals in the joints (Gout) and kidneys (Stones). Meats, composed of cells, have a high purine content.

### **HIGH PURINE FOODS - AVOID COMPLETELY:**

|            |              |               |
|------------|--------------|---------------|
| Anchovies  | Beef kidneys | Brains        |
| Game meats | Gravies      | Herring       |
| Liver      | Mackerel     | Meat extracts |
| Sardines   | Scallops     | Sweetbreads   |
| Shrimp     |              |               |

### **MEDIUM PURINE FOODS - NO MORE THAN 2 TO 4 CHOICES DAILY**

|   |                            |                            |
|---|----------------------------|----------------------------|
| Asparagus                               | Beans                      | Bouillon                   |
| Broth                                   | Cauliflower                | Consomme`                  |
| Dried beans, peas, lentils              | Eel*                       | Eggs (no more than 4/week) |
| Fats or Oils in small amounts           | Fish                       | Fresh beans and peas       |
| Meat (beef, lamb, pork, veal)*          | Meat soups, broth, gravies |                            |
| Milk (skim or 1% - less than 24 oz/day) | Oats or oatmeal            | Poultry (chicken, turkey)* |
| Shellfish (crab, lobster)*              | Spinach                    | Wheat germ or bran         |
| Whole grain breads                      | Yeast – all types          |                            |

\* Do not eat more than 2 medium servings a day  
(a medium serving guide - when cooked, is the size of a deck of cards).

### **LOW PURINE FOODS – LESS RISK OF GOUT**

Breads and Cereals (low-fiber, white flour or refined grain-types)  
Cheeses (low-fat and fat-free)  
Coffee  
Cream-style soups (made with low-fat milk)  
Fruits and juices  
Gelatin  
Nuts and peanut butter