

Gout is a type of arthritis.

- Gout affects more men than women.



Dietary recommendations to help manage gout include:

- Fluids should be plentiful, especially water and non-alcoholic beverages, with 8 to 12 glasses per day
- Complex carbohydrates should be plentiful (such as fiber-rich whole grains, fruits and vegetables)
- A variety of foods should be eaten, including calcium-rich foods and beverages such as low-fat or fat-free milk and yogurt
- Dietary protein should be moderate, with limited intake of red meats and seafood
- Fat calories should be moderate (no more than 30% of total calories), and with only 10% or less of total calories from animal fats
- Cholesterol intake should be no more than 300 mg per day



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Dietary recommendations for people living with gout:

- Gradually lose ten (or more) pounds of excess weight.
Reduce the calories you eat and increase your physical activity.
- Reduce foods containing high amounts of purines, such as:
 - Beer and liquor
 - Anchovies, sardines, herring, mackerel, scallops, mussels, fish eggs
 - Meat extracts, gravies and organ meats (such as liver, kidneys, brains, sweetbreads)
- Talk with your health care provider before taking any dietary supplements.

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