

## Purine Content of Foods

### GROUP 1 – HIGH Purine Content (100 to 1000 mg of purine nitrogen per 100 gm of food)

Anchovies	Mackerel	Bouillon	Meat extracts
Brains	Mincemeat	Broth	Mussels
Consommé	Partridge	Goose	Roe
Gravy	Sardines	Heart	Scallops
Herring	Sweetbreads	Kidney	Yeast, baker's and brewers
Liver			

Foods in this list should be omitted from the diet of patients who have gout (acute and remission stages).

### GROUP 2 – MODERATE Purine Content (9 to 100 mg of purine nitrogen per 100 gm of food)

<u>Meat and Fish</u> (except those in Group 1)	<u>Vegetables</u>	
Shellfish	Spinach	Peas
Fish	Asparagus	Mushrooms
Poultry	Beans, shell	Lentils
Meat		

One serving (2 to 3 oz) of meat, fish or fowl or 1 serving (½ cup) vegetable from this group is allowed each day or five days a week (depending upon condition) during remissions.

### GROUP 3 – NEGLIGIBLE Purine Content - Food included in this group may be used daily.

Bread, enriched white and crackers	Fruit	Tea
Butter or fortified margarine (in moderation)	Gelatin desserts	Vegetables (except those in Group 2)
Cakes and cookies	Herbs	Vinegar
Carbonated beverages	Ice cream	White Sauce
Cereal beverage	Milk	Macaroni products
Cereal and cereal products (refined and enriched)	Custard	Cream (in moderation)
Cheese	Noodles	Rennet desserts
Chocolate	Nuts and nut butters	Sugar and Sweets
Coffee	Oil	Rice
Condiments	Olives	Eggs
Cornbread	Pickles	Salt
	Popcorn	Fats (in moderation)
	Puddings	Soy-based meat substitutes
	Relishes	