



**California Division North
Nutritional Services
Diet - Menu**

Subject/Title: LOW PURINE DIET Order As: LOPURN

GOALS OF DIETARY MANAGEMENT:

To reduce the risk of hyperuricemia in patients with gout, for those patients with renal stones related to hyperuricemia, the goal is to reduce the dietary risk factors for the reoccurrence of renal stones.

DESCRIPTION:

Drug therapy has largely replaced the purine-restricted diet in the treatment of gout. It is reasonable for patients with gout to remove food sources that are very high in purine. Foods containing more than 150 mg of purine per 100 gm should be eliminated from the diet. These include liver, kidney, and sweetbreads. Anchovies, sardines, and shrimp should be used sparingly. Protein intake should not exceed 1 gm/kg of ideal body weight.

Other dietary restrictions in gout include limitation of calories and alcohol. If obesity is present, weight loss is helpful but should be gradual. Rapid weight loss could induce ketones in the blood, which could trigger an attack of gout. The calorie level should be adjusted to 500 Cal. below that required for maintenance to effect a weight loss of 1-2 pounds per week, or 3-6 pounds per month.

Alcohol consumption should be minimized. Excessive amounts of alcohol may inhibit the renal excretion of urates due to lactic acid accumulation and this can lead to hyperuricemia.

DIET PRINCIPLES:

1. Avoid foods high in purines
2. Keep protein intake below 80 grams per day (no more than 1gm/kg DBW)
3. Avoid large amounts of fat
4. Achieve and maintain IBW
5. Drink 8 cups of fluid per day
6. Keep alcohol to a minimum

ADEQUACY:

Because low purine diets could be potentially inadequate in high quality protein and iron, iron supplementation may be necessary.

GUIDELINES:

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
BEVERAGES	All	Alcohol More Than 100 Grams Diluted/Day
BREADS & CEREALS	All	Limit Bran, See Limits Oatmeal, Whole Wheat To 2 Servings/Week
DESSERTS	All	Mincemeat If Made With Meat
FATS	All	None
FRUITS	All	None
MEATS	No More Than 5 Oz/Day Of Allowed Meat, Poultry, Fish	Organ Meats, Sardines, Shrimp, Herring
MILK	All Milk & Milk Drinks	None
STARCHES	All	None
VEGETABLES	Limit To 2 Servings Per Week Of Asparagus, Peas, Spinach, Mushroom, Celery	Dried Legumes

SAMPLE MENU

Breakfast

Fruit juice	1/2 cup
Cereal (sugar & cream)	1/2 cup
Egg	1
Toast	1 - 2 slices
Margarine	1 tsp
Jelly	1 tbsp
Milk	1 cup
Coffee	6 oz
Cream	1 oz
Sugar	1 tsp
Salt and pepper	

Lunch and Dinner

Soup	1/2 cup
Meat or cheese	2 oz
Potato or Sub	2 - 3 oz
Vegetable	1/2 cup
Salad, raw veg	1/2 cup
Dressing	1 tsp
Bread	1 - 2 slices
Margarine	1 tsp
Dessert or fruit	1/2 cup
Milk (at one meal)	1 cup
Tea	1 cup
Sugar	1 tsp
Salt and pepper	1 tsp