

Low Purine Diet Guide

A general reference for reducing dietary purine intake and managing gout. Portion examples are general guidance, not a prescription - consult your physician or a registered dietitian for advice specific to you.

Bread, Cereals & Grains	
What to Avoid	Preferred
Wheat bran, oat bran, and wheat germ cereals in large amounts (e.g., more than 1 cup daily)	White bread, sourdough, bagels, white or brown rice, pasta, corn, corn tortillas, cream of wheat, and corn flakes - no portion limit; whole wheat bread and oatmeal in normal servings (about 1 serving/day)

Meat & Poultry	
What to Avoid	Preferred
Any internal organs of animals - liver, kidney, sweetbreads, brain, tripe, tongue - avoid even in small amounts	Chicken breast, turkey, lean beef (sirloin, tenderloin), pork loin, about 2-3 oz per meal (roughly the size of a deck of cards)
Goose, duck, wild game meats (venison, quail), and bacon, sausage, or cured/processed meats in large daily servings	Meat, poultry, and fish combined limited to one 2-3 oz serving per day when gout is active

Seafood	
What to Avoid	Preferred
Sardines, anchovies, herring, mackerel, mussels, scallops, and fish roe/caviar - high-purine, best kept occasional or avoided	Salmon, cod, tilapia, catfish, and haddock in normal portions, most days of the week
Shrimp, crab, lobster, oysters, and tuna in large or frequent servings	Shrimp, crab, lobster, oysters, and tuna in a moderate portion (3-4 oz), about 2-3 times per week

Vegetables	
What to Avoid	Preferred
Asparagus, spinach, cauliflower, mushrooms, and green peas in large daily amounts, especially during a flare (limit to about 1/2 cup/day)	Carrots, celery, cucumbers, lettuce, bell peppers, zucchini, squash, sweet potatoes, white potatoes, broccoli, cabbage, onions, tomatoes, beets, and eggplant - eaten freely

Fruits	
What to Avoid	Preferred
Fruit juice (orange, apple, grape), dried fruit (raisins, dates), and fructose-sweetened drinks (e.g., more than 1 cup of juice daily)	Whole fresh fruit - cherries, strawberries, blueberries, oranges, apples, bananas, grapes, pineapple, watermelon - 2-4 servings daily; cherries in particular (about 1/2 to 1 cup daily) may help lower flare frequency

Dairy & Eggs	
What to Avoid	Preferred
Whole milk, cream, full-fat cheese, and ice cream as a daily habit in large amounts	Skim or 1% milk, low-fat yogurt, low-fat cheese, and cottage cheese, 2-3 servings daily; eggs are naturally low in purines, about 1 per day is fine

Legumes, Nuts & Seeds	
What to Avoid	Preferred
A large single serving eaten often (e.g., a full 1-cup portion of peanuts, cashews, or dried beans at once)	Lentils, chickpeas, black beans, kidney beans, tofu, and edamame, about 1/2 cup, a few times a week; almonds, walnuts, peanuts, sunflower seeds, chia, and flaxseed, a small handful (about 1 oz), a few times a week

Beverages	
What to Avoid	Preferred
Beer, including non-alcoholic beer, and spirits - beer raises uric acid through both alcohol and its own purine content	Water as the main beverage (about 8-16 cups per day)
Sugar-sweetened soda, sweetened fruit drinks, and energy drinks - even one serving daily can raise risk	Coffee in usual amounts (about 2-4 cups/day) and skim milk or herbal tea; wine only in strict moderation (about 1 small glass, occasionally) if approved by your doctor
Fats, Oils & Condiments	
What to Avoid	Preferred
Meat drippings, lard, pan gravies, and cream-based sauces made with animal fat	Olive oil, canola oil, avocado oil, and vinaigrette dressings, used in normal cooking amounts (about 1-2 tbsp per meal)
Sweets & Desserts	
What to Avoid	Preferred
Regular soda, candy, pastries, and sweetened cereals or yogurts containing high-fructose corn syrup	Fresh fruit-based desserts and small portions of low-sugar treats, a few times a week; plain gelatin, sherbet, or angel food cake as lighter occasional options
Soups & Broths	
What to Avoid	Preferred
Meat-based bone broths, concentrated meat or poultry stock, and gravies made from pan drippings	Vegetable broth and light, clear vegetable- or grain-based soups
Rich cream soups made with heavy cream and meat fat	Broth-based soups with small amounts of lean meat or vegetables, in moderate servings
Herbs, Spices & Seasonings	
What to Avoid	Preferred
Yeast extract spreads and concentrated nutritional yeast (e.g., Marmite, Vegemite) - unusually high in purines	Garlic, ginger, turmeric, black pepper, basil, oregano, cinnamon, and most dried herbs - freely, as seasonings are essentially purine-free
Bouillon cubes and powdered meat-based seasoning mixes in concentrated amounts	Fresh or dried herb blends, citrus zest, and vinegar-based seasonings
Snacks & Condiments	
What to Avoid	Preferred
Beef jerky, meat-based snack sticks, and potted meat spreads	Fresh fruit, vegetable sticks, plain popcorn, rice cakes, and low-fat crackers
Rich cheese dips and cream-based spreads eaten in large amounts	Hummus, salsa, mustard, and vinegar-based dressings in normal serving amounts

References

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