



Long Lake Podiatrist, P.C.

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GOUT DIET

AVOID ENTIRELY: ALL ORGAN MEATS (LIVER, KIDNEY, SWEET BREADS,
MEAT EXTRACT, BRAINS, GRAVIES,) FRIED MEATS,
SARDINES, ANCHOVIES
ALL SHELL FISH (CLAMS, LOBSTER, SHRIMP,
MUSSELS)
RAW BEEF

FRIED POTATOES, POTATO CHIPS & YEAST

BOULLION OF ANY KIND, BROTH AND CONSOMME

AVOID THE FOLLOWING:

EXCESS COFFEE

ALL WHOLE GRAIN AND WHOLE WHEAT

OATMEAL

AVOID EXCESSIVE USE OF FOODS WITH HIGH FAT
CONTENT SUCH AS ICE CREAM AND MANY CHEESES

AVOID EXCESS FATS

**CERTAIN VEGETABLES SHOULD BE EATEN SPARINGLY. LIMIT TO ONE
OF THE FOLLOWING 4 DAYS PER WEEK:**

ASPARAGUS, CAULIFLOWER, LIMA BEANS,
MUSHROOMS, NAVY BEANS, PEAS AND LENTILS

MONITOR DISTILLED LIQUORS AND BEER CONSUMPTION
(MAY CAUSE GOUT IN SOME INDIVIDUALS)