

Diet for Gout

- It's very important to maintain a normal body weight.
- Do not follow fad/crash diets.
- Avoid alcohol.
- Avoid all organ meats e.g. liver, kidney etc.
- Avoid fatty fish, e.g. sardines, anchovies and fish paste.
- Avoid legumes, e.g. soya beans, baked beans, etc.
- Avoid meat extracts, e.g. bovril and stock cubes
- Limit bran and wheat germ.
- Limit red meat to 3 times per week (about 500g cooked weight per week)