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skip to main content By Linda Rath | Oct. 19, 2022 If youre not ready to switch to a completely anti-inflammatory eating plan, heres a quick rundown of gout dos and donts.Avoid (no cheating) Beer and distilled liquor (wine in moderation is OK) Organ meats like liver and kidney Sugary drinks, candy and desserts High-fructose corn syrup, found in diet drinks, bakery goods, breakfast cereals, fast foods and more. Be sure to check labels. Red meat (beef, lamb and pork) Saturated fats in red meat, butter, cream, ice cream and coconut oilLimit (OK in moderate amounts) Seafood. Shellfish, anchovies and and tuna used to be off limits for people with gout. Now the health benefits of moderate amounts of fish are thought to outweigh potential harm. 100% fruit juice. Natural fruit juice mayincrease uric acid but has other health benefits. The exception is cherry juice, which has been shown to lower gout risk. Fresh fruit. Fructose in general increases uric acid; whether fructose in whole fruit does the same isnt clear. Caffeinated coffee. Moderate amounts may lower gout risk.Dig In Lean chicken and some fish, particularly salmon Reduced-fat dairy products, especially yogurt. If youre lactose-intolerant or if dairy triggers inflammation for you, try lactose-free or A2 dairy. Or explore nut milks and other nondairy alternatives, such as cashew cheese. All fresh and frozen vegetables. High-purine veggies like asparagus and spinach dont increase gout risk and are safe to include in your diet. Healthy fats, including olive oil, avocadoes and fish oil (omega-3 fatty acid) supplements Whole grains Nuts Legumes, such as beans and lentils Vitamin C (about 500 mg a day unless it interferes with other meds you take) Cherries Arthritis Foundation is a qualified 501(c)(3) EIN 58-1341679 Nuts and seeds are an excellent source of protein in a gout diet, because: + Most nuts and seeds are low in purine content. + The oils in nuts and seeds are high in healthy fats, which helps reduce the inflammation and pain of gout. + Nuts and Seeds are good sources of the vitamins and minerals needed to make your body gout-proof. Foods below 50mg purines per 100 grams (3.5 ounces) are considered to have low purine levels. Most nuts and seeds, except for peanuts which are actually legumes, have low purine content as follows: Peanuts 79 Sunflower seeds 40 Hazelnuts 37 Flax seeds 28 Walnuts and Brazil Nuts 25 Almonds and Pecans 10 Some nuts and seeds are high in a substance called oxalic acid that can lead to kidneys stones, which will not help you win the war on gout. The following are highest in oxalic acid and should be avoided: Almonds, cashews, hazelnuts, peanuts, pine nuts, and sesame seeds. The following are moderate to low in oxalic acid and can be enjoyed: macadamia nuts, walnuts, pecans, pistachios, coconut meat, pumpkin and squash seeds, flax and sunflower seeds. . . . (Tip #365)Hi Bert I didnt receive the last one.Thanks again for pointing me the right way my life is a lot different now than a year ago. Thanks Brian . . . Nuts and seeds have a high percentage of poly and mono-unsaturated oils, which makes them very healthy to eat, but more prone to spoiling or going rancid. Rancid oils and fats are toxic to the body, and should be avoided. Tips for buying and storing nuts and seeds: Buy them whole, not chopped or sliced. Buy them raw, not roasted or heated in any way. (You can toast them right before you eat them). Buy them from stores with a high volume business, so they will not have been sitting on the shelf too long. If possible, buy them from grocers that store them in refrigerators or freezers. When you bring them home, store them in airtight containers inside the refrigerator or freezer. + Bottom Line: Nuts and seeds can be enjoyed in moderation on your gout diet, but should always be consumed fresh and not rancid. We all like nuts and each one of us has the favorite nut. But, are they good to consume if we suffer from gout? The answer is yes. Nuts and gout can be mentioned in the same story and it is important to know that nuts are more beneficial than most people believe. They can provide you with plenty of calories and they are rich in vitamins. As a matter of fact, nuts are frequently recommended in many diets. Are nuts bad for Gout? As a gout sufferer, you know that all the foods rich in purines must be avoided. Well, all nuts are low in purines, therefore they dont have to be eliminated from your diet. As a matter of fact, they should be a great addition to your diet simply because they are rich in fats which are healthy. Do nuts cause gout? Each nut has a different amount of purines. For example, almonds have 10 mg per 100 grams, while peanut has 79 mg. In general, all of them are harmless to consume daily and they wont cause you a gout attack, simply because they wont raise uric acid levels nor they will cause any other issue. I personally prefer almonds and they are the lowest when it comes to purines, so I would recommend them to most of you. Weight gain? However, nuts can help you gain weight, so consume them in moderation. I must add that between 10 and 15 nuts per a day is the sweet spot. Anything more than that and you will risk a weight gain, which isnt something you want to have if you already suffer from gout. On the other hand, if you need more weight, nuts are the best way to get it. They are also available in so many different forms, tastes, and addition to food. Suggested article: Weight Loss And Gout (How And Why Weight Affects Gout?) When it comes to the nuts in a meal, they are still great to consume. They are delicious, as we all know it and they will still provide you with the numerous benefits per a day. I also like adding dried cherries to the equation. The mixture is more than just delicious and it even smells great. Of course, moderation is the key here and dont try to consume more than you can eat. We all know that they are extremely beneficial. Suggested article: Cherries And Gout Explained (How Can Cherries Help Us?) Even if nuts make 20% of your daily need for calories you wont be at a risk of getting a gout attack. This actually was confirmed by a study, so you will be free to consume in higher amounts. On the other hand, we must know that 80% of nuts are healthy fats which also decrease the inflammatory, so they are even more beneficial for gout sufferers. The bottom line here is to remember that nuts should be added to your diet in moderation. Consuming them too much wont be beneficial as you may believe. Suggested article: Fat And Gout (All You Must Know Regarding Fat And Gout) various kinds of nuts (cedar, cashew, hazelnuts, walnuts) Additional facts you should know regarding nuts and gout There are a few more things you should know regarding nuts and how they affect the human body. You must know that all of us, gout sufferers are at a higher risk of a heart disease, but nuts decrease it. They will lower down the bad cholesterol and literally protect our heart from numerous issues and complications. Thats why I must add that nuts are an essential addition to a normal diet. Suggested article: Gout And Cholesterol Are These Two Connected? Nuts are beneficial for two more reasons. The first one, they are rich in omega 3 fatty acid, the same acid which is found in fish and we know that eating fish is highly recommended. The second addition is fiber which is present in nuts. It will keep you full for a longer period of time and therefore make you eat less. When you eat less, chances of gaining weight are lower, so it is beneficial for gout sufferers. All of this can be included in your life if you consume up to 15 nuts per a day. More than that will only help you gain weight and nothing more. Suggested articles: Fish And Gout (15 Types Of Fish Explained) Gout And Fiber Links, Effects And Summary Raw and salt-free nuts are the best option. They are the healthiest of them all and they literally have no side effects, which isnt something I can say for salty and chopped nuts. Also, roasted nuts are not highly desirable. Raw or better fresh nuts are the best choice here. Conclusion Nuts and gout are not linked meaning that you are free to eat them every single day and there wont be any complications with your gout. Furthermore, they are an important addition to your diet and they will provide you with countless healthy improvements. At the end, all I can say is to repeat that you should consume 15 nuts, raw and without salt or oil per a day and you will benefit from them. Suggested article: Peanuts And Gout Are Peanuts High In Purines? Cashews And Gout Beast Nuts Of Them All Pistachios And Gout Are Pistachios Bad For Gout? Almonds And Gout Are Almonds High In Uric Acid? Walnuts And Gout Can Walnuts Trigger Gout? Gout And Peanut Butter Is It Good For Gout-Based Diet? The Gout Eraser: The all-natural guide for permanent gout removal The Gout Eraser is a short, to the point guide on how to reverse gout symptoms without ever leaving your home. The guide goes into extensive detail on exactly what you need to do to safely, effectively and permanently get rid of gout, and you are GUARANTEED to see dramatic improvements in days if not hours. To learn more about The Gout Eraser system, check out the following free video presentation: The Gout Eraser Nuts and seeds are an excellent source of protein in a gout diet, because: + Most nuts and seeds are low in purine content. + The oils in nuts and seeds are high in healthy fats, which helps reduce the inflammation and pain of gout. + Nuts and Seeds are good sources of the vitamins and minerals needed to make your body gout-proof. Foods below 50mg purines per 100 grams (3.5 ounces) are considered to have low purine levels. 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Rancid oils and fats are toxic to the body, and should be avoided. Tips for buying and storing nuts and seeds: Buy them whole, not chopped or sliced. Buy them raw, not roasted or heated in any way. (You can toast them right before you eat them). Buy them from stores with a high volume business, so they will not have been sitting on the shelf too long. If possible, buy them from grocers that store them in refrigerators or freezers. When you bring them home, store them in airtight containers inside the refrigerator or freezer. + Bottom Line: Nuts and seeds can be enjoyed in moderation on your gout diet, but should always be consumed fresh and not rancid. Nuts and seeds are an excellent source of protein in a gout diet, because: + Most nuts and seeds are low in purine content. + The oils in nuts and seeds are high in healthy fats, which helps reduce the inflammation and pain of gout. + Nuts and Seeds are good sources of the vitamins and minerals needed to make your body gout-proof. Foods below 50mg purines per 100 grams (3.5 ounces) are considered to have low purine levels. Most nuts and seeds, except for peanuts which are actually legumes, have low purine content as follows: Peanuts 79 Sunflower seeds 40 Hazelnuts 37 Flax seeds 28 Walnuts and Brazil Nuts 25 Almonds and Pecans 10 Some nuts and seeds are high in a substance called oxalic acid that can lead to kidneys stones, which will not help you win the war on gout. The following are highest in oxalic acid and should be avoided: Almonds, cashews, hazelnuts, peanuts, pine nuts, and sesame seeds. The following are moderate to low in oxalic acid and can be enjoyed: macadamia nuts, walnuts, pecans, pistachios, coconut meat, pumpkin and squash seeds, flax and sunflower seeds. . . . (Tip #365)Hi Bert I didnt receive the last one.Thanks again for pointing me the right way my life is a lot different now than a year ago. Thanks Brian . . . 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They help protect your heart, reduce the risk of diabetes and may help you lose weight (if you need to) as part of a healthy, well-balanced diet. It gets even better theyre safe to eat with gout and may even help to reduce the risk of recurrent gout attacks. Just be careful how you eat them!Almonds and GoutBefore we take a look at how almonds may reduce your risk of gout heres a quick rundown of what gout isGoutGout is one of the most painful forms of inflammatory arthritis. Its root cause is high uric acid levels in the blood out of which monosodium urate crystals form in your joints and associated tissue.The bodys natural inflammatory response to these crystals gives rise to the typical symptoms of gout flares (attacks):inflammationswellingtight shiny red skinwarm/hot to the touchstiffnesssevere painAn attack can occur in any joint, but the majority of times its in the joint at the base of the big toe.Uric acid is a waste product formed when natural chemical compounds called purines in the bodys cells and in the cells of the food we eat breakdown during metabolism. So the more purines in our system, the more uric acid is produced. Which is why gout patients have to be mindful of the amount of purines they consume from food.Gout sufferers are usually advised to change to a low-purine diet which means avoiding high-purine foods (like organ meats, wild game, and a lot of seafood) and limiting moderate-purine foods (such as red meat, poultry, and some seafood).Low-purine foods, such as most vegetables, fresh fruits, low-fat dairy products, whole grains, and even some types of seafood, are encouraged.Now lets take a look at almondsAlmondsThe almond isnt a true nut; its actually an edible seed from the fruit of the almond tree. Originally native to Iran, almonds are now cultivated in many countries including, for example, the United States (the worlds largest producer), Europe, Australia, Turkey, Chile and Vietnam.Almonds are a rich source of fiber and protein. And, although they are high in fats, theyre largely healthy fats: monounsaturated fats and omega-3 fatty acids that studies have shown help to protect the heart.Almonds are a great source of:coppermanganesephosphorousmagnesiumzincironcalciumpotassiumseleniumTheyre also rich in vitamin E and the B vitamins:B1 (thiamin)B2 (riboflavin)B3 (niacin)B5 (pantothenic acid)B6 (pyridoxine)B7 (biotin)B9 (folate)In addition, theflavonoids in almonds such as catechin, epicatechin and kaempferol, are powerful antioxidants that help to neutralize free radicals in the body which are linked to several diseases, including atherosclerosis (hardening of the arteries), diabetes, Alzheimers, Parkinsons and cancers.Almonds are Good for Your Overall HealthStudies have shown that nuts, such as almonds, can reduce LDL (bad cholesterol) while maintaining HDL (good cholesterol), and lower the risk of heart disease.One study has associated regular almond consumption with reduced blood sugar and a lower risk of type 2 diabetes.Furthermore, theres some research which shows that regular almond consumption, as part of a well-balanced diet, may help you lose weight. Its believed the high protein and fiber content in almonds helps to suppress appetite by helping you feel satisfied for longer. (This is important for gout sufferers since being overweight is a major trigger for gout.)Almonds, along with other tree nuts, are integral to the so-called Mediterranean diet which studies have associated with a lower risk of cardiovascular disease and overall mortality.So almonds really are a healthy food choice. They can help reduce the risks of heart disease and type 2 diabetes as well as helping you lose weight (as part of a well-balanced, healthy diet).But what if you have gout?Are Almonds Safe in a Gout Diet?Almonds are a low-purine food. They produce less than 100 mg of uric acid per 3.5 oz (100 g) serving. So almonds are safe to add into a gout-friendly diet.But, not only are almonds safe for gout, they may actually help reduce the risk of recurrent gout attacks. At least one study has associated almond consumption with a reduction in serum uric acid. The 2016 study looked into the effect of almond supplementation on serum uric acid levels in patients with coronary artery disease (CAD). The research team discovered that almonds help to protect CAD patients vascular systems by reducing blood uric acid levels.Now, although this research was carried out on CAD patients, the underlying principle holds true for gout patients too: almond supplementation reduces serum uric acid levels. And, as we know, lower uric acid means a lower risk of gout.Almonds are rich in vitamin E, which is thought to have anti-inflammatory properties. For example, a study by the University of Toronto, published in 2005, found that a healthy diet that includes almonds lowers C-reactive protein, a key marker for inflammation.And, as you saw earlier, almonds help to suppress the appetite and may help you lose weight as part of a healthy, balanced diet. Remember, being overweight is a high risk factor for gout.So, overall, almonds are a very good choice for a low-purine diet.How to Eat Almonds if You Suffer with GoutIts best to eat almonds raw. Try to avoid roasted, salted, and added flavorings that can push up calories, sugar, and sodium.However, although otherwise very healthy, there are several reasons why you shouldnt go overboard with almonds:Although in the minority, they still have unhealthy saturated fats that can cause weight gain when taken to excess.They may interfere with some medications such as blood thinners, antipsychotic drugs, laxatives, and antacids.Eating too many can impair the blood clotting process and raise the risk of hemorrhagic stroke.Overindulgence can cause abdominal bloating, diarrhea and constipation.And be careful of oxalate in almondsAnother important reason not to go crazy with almonds is oxalate. Oxalate is an organic compound that can combine with calcium to form kidney stones. Its found in plant foods at varying concentrations. So people at risk of kidney stones are usually advised to change to a low oxalate diet. Unfortunately, almonds are high in oxalate.So, although the FDA recommends up to 1.5 oz of whole shelled almonds a day, its perhaps safer to stick to 1.0 oz per day 23 whole almonds or 1/4 cup which can be consumed in one go or by snacking throughout the day. Or they can be added to other dishes in your gout diet, for example, in your breakfast cereal or yogurt.But, if youre in the high risk group for kidney stones, limit your intake to 10 almonds a day, or, avoid them altogether, especially if youve a history of calcium-oxalate kidney stones. Seek advice from your doctor.Who Should Not Eat NutsIf you have a nut allergy, or suspect you have a nut allergy (consult your doctor or healthcare professional to confirm), you should scrupulously avoid nuts and food items that contain even the minutest trace of nuts.My brand new breakthrough guide "Gout Rescue" gets you relief from your gout in as little as 2 hours and prevents the recurring attacks experts have linked to some potentially fatal health conditions. Click or tap here for the facts.My brand new breakthrough guide "Gout Rescue" gets you relief from your gout in as little as 2 hours and prevents the recurring attacks experts have linked to some potentially fatal health conditions. Click or tap here for the facts. I love snacks and they are an important part of my diet. I eat them every single day and I am trying to find as many beneficial, and healthy as I can. I have been suffering from gout for years, so not all snacks are good for me. What I have discovered is that most snacks can be consumed without a single issue. However, some must be avoided. I learned this in a hard way, ending up with a gout attack. So, there is a link between gout and snacks and I will provide you with all the facts needed to master the correlation. Most snacks are safe to eat, but there are a few examples. There are several links between gout and snacks. Some are irrelevant. Those snacks do not affect uric acid. Others spike it, and they must be avoided. Third, are beneficial because they decrease the level of uric acid. So which one do you want? Gout and snacks When I am trying to explain the correlation between gout and snacks, I am mostly focused on the bad stuff. All snacks that are loaded with fructose and sugar must be avoided. Fructose is processed in our body in such a way that purines are released. More purines mean more uric acid and this means a gout attack. The situation is identical when it comes to sugar. Bad snacks for gout They are all bad for our condition and they must be avoided! The risk of ending up with a gout attack is simply too high. I can generalize the matter by saying all purine-rich foods should be avoided, despite the fact are they meat, fish, or snacks. 1/3 of purines we get from the food and it is a massive portion we can manage. Although there is a clear link between gout and snacks not all of them are bad. You can consume more snacks than you may believe. This will be discussed in the next section of my post. Gout friendly snacks 1. Frozen yogurt The best snacks, you should eat are frozen yogurt. It can decrease the risk of a gout attack. Make sure to pick an option where there is no plenty of sugar. It wont trigger the attack, but it can add more calories than you need. 2. Whole grain toasts and crackers Toast and crackers are another, important snack. They contain carbohydrates which will assist you in flushing or removing uric acid from the body. You need 6 servings per day. Whole grain is the key ingredient here and only consume snacks with this advantage! Suggested article: Gout And Whole Grain Things You Must Know 3. Fruits and vegetables Fruits and vegetables are generally beneficial. You can eat them daily and you can consume as much as you like. Pay close attention to the apples, carrots, and celery. These are the most important. Suggested articles: Gout And Fruit All You Have To Know Gout And Vegetarian Diet Is It The Ultimate Diet? 4. Nuts My favorite snack is nuts. They do come in various flavors and types and all of them are beneficial. You can get various health benefits, lose weight; protect your heart and so much more. But, you wont get any downside. Suggested article: Nuts And Gout Are Nuts Bad for Gout? Conclusion Yes, gout and snacks can coexist and the results will depend on you! If you consume the ones I claim to be safe, there wont be any problems. If you consume snacks that are not recommended, you can end up with a gout flare! Suggested articles: The ULTIMATE List Of 14 Foods To Avoid With Gout Gout And Alkaline Foods Defeat Gout Once For All Perfect Gout Breakfast What To Eat And What To Avoid? Honey and Gout Is Honey Bad For Gout? Stevia And Gout Is This Natural Sweetener Bad For Gout? Popcorn And Gout Is Popcorn Bad For Gout? The Gout Eraser: The all-natural guide for permanent gout removal The Gout Eraser is a short, to the point guide on how to reverse gout symptoms without ever leaving your home. The guide goes into extensive detail on exactly what you need to do to safely, effectively and permanently get rid of gout, and you are GUARANTEED to see dramatic improvements in days if not hours. To learn more about The Gout Eraser system, check out the following free video presentation: The Gout Eraser Image by piviso from PixabayNuts and gout: Here were going to look at the impressive health benefits of nuts, why they should be added into your gout diet, and how to do it safely.Nuts and GoutAccording to World Atlas the top 10 most consumed nuts are:peanutalmondwalnutcashewpistachiohazelnutpecanmacadamiaBrazil nutpine nutThe peanut technically a legume outranks the others by some distance with around 42,596,000 tonnes being consumed annually (2018), China being the largest producer as well as the largest consumer.Second-placed almond is way behind at 1,188,687 tonnes (2018), but still extremely popular. The USA is the largest producer and consumer of almonds.Health Benefits of NutsDifferent types of nuts have varying nutritional profiles but, generally speaking, they all provide good amounts of high quality vegetable protein, are high in fiber, high in healthy unsaturated fats, low in unhealthy saturated fats, and a good source of vitamins, minerals and trace elements like selenium.Nuts also contain antioxidants, such as polyphenols, that help neutralize free radicals that can damage your bodys cells causing diseases like heart disease, cancer, and more. Its no wonder then that studies have shown that consuming nuts as part of a well-balanced healthy diet may help to:lower cholesterolprotect against diabetespromote heart healthreduce your risk of heart diseaseBut, since your diet is an important aspect of proper gout management, can you eat them if you have gout? Are they safe in your gout diet?Gout and Your DietGout is caused by abnormally high uric acid levels in the blood which, over time, can lead to the precipitation of crystals of monosodium urate in the joints and surrounding tissue. The bodys natural inflammatory response to these crystals gives rise to the painful symptoms we know as a gout attack.Uric acid is a byproduct of purine metabolism, which purines exist in our bodys cells and in the cells of the food we eat. So as food is digested their purines breakdown and produce uric acid which circulates in the bloodstream.Studies have linked high-purine foods with increased uric acid and a higher risk of gout. Luckily, different foods can be categorized as being high, moderately high, and low in purines.People with gout are usually advised to move to a low-purine diet which entails avoiding high-purine foods, limiting moderately-high purine foods, and eating low-purine foods as normal.So anybody with gout needs to determine a foods purine content before adding it into their diet.But studies have also associated sugar especially fructose and high fructose corn syrup (HFCS) with increased uric acid and a higher gout risk. So we need to consider a foods sugar content too.Purine Content of NutsNuts are considered to be a low-purine food. That is to say a 3.5 oz (100 g) serving produces less than 100 mg of uric acid when digested.Sugar Content of Nuts100 g of nuts contain between 2 g and 6 g of natural sugars, mainly in the form of sucrose. Brazil nuts have the least amount of natural sugar, whilst chestnuts have the most.All-in-all, nuts are considered to be relatively low in sugar.Alkalinity/Acidity of NutsIts known that a more alkaline urine environment helps to excrete more uric acid than an acidic environment. More uric acid excretion means less uric acid being reabsorbed back into the bloodstream. It also helps to lower the risk of uric acid kidney stones.So someone with gout should try to maintain a more alkaline urine environment. This can be achieved by consuming more alkaline-forming foods and less acid-forming foods as part of a healthy, well-balanced gout diet. Almonds are alkaline-forming when digested, but the majority of nuts are acid-forming: peanuts, cashews, walnuts, hazelnuts, Brazil nuts, pecans, macadamias, and pistachios.Having said that, whether your urine is alkaline or acidic is largely determined by the net effect of your overall diet and not by any one particular food unless that food is taken to excess.For example, a balanced diet consisting of 70% alkaline-forming foods and 30% acid-forming foods should move your urine to a more alkaline state and yet still allow you to enjoy the benefits of healthy acid-forming foods such as nuts.Are Nuts Safe to Eat with Gout?Being low in purines and sugar, nuts are safe to eat as part of a gout diet (which has most of its protein coming from non-animal sources*).And, as long as your overall diet has more alkaline-forming foods in it than acid-forming foods, then the majority of nuts being acid-forming shouldnt be a problem either.Dont overdo it though. Just because a food is deemed healthy doesnt mean you can eat it as though its going out of style, especially if you have gout!Nuts are generally high in calories, so overindulging may add hundreds of calories a day to your diet, potentially leading to weight gain and increased cholesterol. And, remember, being overweight is a major risk factor for gout.So, to get all the health benefits of nuts, without the risks, its best to eat them raw and in moderation: e.g. 1/3 of a cup a day, unsalted.But what about everybodys favorite, peanut butter? Is peanut butter safe in your gout diet? Ive written about that very thing here: Peanut Butter and Gout.*Note: High-purine foods mostly found in meats and seafood have to be avoided in a gout diet. But high-purine foods are generally high in protein too. So the protein deficit has to be filled from non-animal sources such as eggs, dairy, vegetables, herbs, beans, seeds, and nuts. Peanuts, almonds, and pistachios have the most protein in the nut family. Chestnuts have the least.Who Should Not Eat NutsNuts can trigger a potentially life-threatening allergic reaction (anaphylaxis) among a very small group in the general population. And this can happen with very minute particles.So if you have a nut allergy, or suspect you have a nut allergy (consult your doctor or healthcare professional to confirm), you should scrupulously avoid nuts and food items that contain even the minutest trace of nuts.My brand new breakthrough guide "Gout Rescue" gets you relief from your gout in as little as 2 hours and prevents the recurring attacks experts have linked to some potentially fatal health conditions. Click or tap here for the facts.My brand new breakthrough guide "Gout Rescue" gets you relief from your gout in as little as 2 hours and prevents the recurring attacks experts have linked to some potentially fatal health conditions. Click or tap here for the facts. Gout is a type of arthritis that occurs when too much uric acid is in the blood. Uric acid is a waste product produced when the body breaks down a molecule called purine. Purines are nitrogen-containing organic building blocks found in the cells of all living things. Too much uric acid in the blood can form tiny, sharp crystals in the joints. These crystals can cause redness, inflammation and intense pain, which are symptoms of gout. A gout attack can be very painful. Most commonly, gout affects the big toe joint. However, it can also affect a persons ankles, knees or wrists. Walking can be challenging if gout happens in the toe, ankle or knee. Medical providers diagnose gout based on symptoms, medical history, physical exam, imaging and lab tests. A specialty doctor called a rheumatologist can treat gout. A rheumatologist will help lower uric acid levels with medications if indicated. A person with gout can help to prevent future attacks and reduce the severity of gout flare-ups by changing their diet and avoiding foods high in purines. People who suffer from gout experience symptoms similar to arthritis, paired with systemic or whole-body symptoms. Sudden, severe pain in a joint Inflammation, redness and warmth in the affected joint Tenderness: the joint is tender to the touch Fever: a temperature greater than 100.4 F Gout treatment typically involves taking medication to lower uric acid levels in the blood and reduce joint inflammation. Dietary changes are a big part of the treatment plan. Diet changes can help to prevent further gout attacks. Maintaining a healthy weight and limiting alcohol can also help prevent gout flare-ups. A buildup of uric acid in the blood causes gout. Uric acid is the waste product the body creates when it breaks down a substance called purines. Many foods contain purines, including meats, seafood and foods containing high fructose corn syrup and alcohol. Additionally, when the body processes sugar or fructose, they release purines and cause uric acid levels to rise. For a person suffering from gout, avoiding foods high in purines will help lower their uric acid levels and reduce the risk of gout attacks. Red meats: Red meats such as beef, pork, lamb, bacon, veal and venison are high in purines.A person with gout should limit eating red meat. Organ meats: Organ meats like liver, kidney and heart are incredibly high in purines. A person with gout needs to limit or avoid these foods. Seafood:Shellfish such as lobster, crab, shrimp, scallops and mussels are high in purines.Additionally, seafood, including sardines, anchovies, codfish, herring, haddock and trout, is also high in purines. To avoid flare-ups, people with gout must limit eating shellfish and some seafood. Sugary drinks:Drinks like soda and fruit juices with natural or added high sugar content increase the risk of gout attacks. High-fructose corn syrup: Candy, pastries and other sweets are high in purines. A person with gout should limit foods containing high fructose corn syrup. Fruits: Some fruits are bad for gout. Apples, oranges and dates are fruits with naturally high fructose content. Avoid high fructose-containing foods. Alcohol: Alcohol, especially beer, can increase the risk of gout attacks. When the body processes alcohol, it raises the uric acid level. Beer is high in purines.A person with gout needs to limit alcohol consumption. While certain foods aggravate gout, there are diet changes that can help. Eating foods low in purines and fructose will keep the bodys uric acid level down, helping to avoid future gout flare-ups.The following diets and foods can improve gout. Following the DASH diet can help a person with gout. Fresh vegetables, low-purine fruits and whole grains can help prevent gout flare-ups. Low-fat dairy products are helpful for a person with gout.Proteins found in low-fat or fat-free milk products help flush uric acid from a persons body. Low-purine fish such as salmon, sole, tuna, flounder and tilapia can be part of a healthy diet for a person with gout. Lean poultry, like chicken breast, is leaner than thighs or drumsticks, making it suitable for a person with gout. In moderation, eggs, peanut butter and nuts are good protein sources in a healthy diet for a person with gout. Though a person with gout should avoid red meat due to purines, when they do have a serving, limiting the fat content is necessary. Avoid meats such as roast, chuck roast and ground chuck which are high in fat. Eat lean meat from the butcher. Sticking to unsaturated fat oils like olive, coconut or avocado oil can help maintain a healthy diet for a person with gout. Additionally, remaining hydrated by drinking plenty of water or unsweetened tea is essential, as this helps flush the uric acid from a persons system. Gout is a type of arthritis that occurs when too much uric acid is in the blood. Following a health care providers instructions, maintaining a healthy weight and eating foods low in purines can help reduce the inflammation and pain of gout. With diet changes, a person with gout can reduce flare-ups and live a happy, healthy and active life. Medically reviewed by Bernadette C. Siaton, MD, MEdHP. If you have gout, you should avoid foods high in purines like red meat, alcohol, and certain types of fish and shellfish. These foods can raise your uric acid levels, causing a painful buildup of uric acid in your joints. If you have gout you should eat low-purine foods like whole grains and vegetables, low-fat dairy, and foods rich in vitamin C. This article discusses purines, foods to avoid and foods to eat with gout, and ways to get gout symptoms under control. Verywell / Alexandra Gordon Gout is a type of arthritis that develops when someone has hyperuricemia, or high levels of uric acid in the body. Researchers in both the United Kingdom and the United States have identified gout as the most common type of inflammatory arthritis affecting their populations. While there are a range of possible causes, including genetic influences and underlying medical conditions, your diet can have a direct impact on gout and its severity. Higher rates of gout tend to be found in cultures that eat a lot of red meat, processed foods, sugars, and other foods high in purines. A 2017 study looked at gout in people following either a typical Western diet or the Dietary Approaches to Stop Hypertension (DASH) diet. The research found the DASH diet was tied to a lower risk of gout, while the Western diet was linked to a higher risk of gout. Purines are chemical compounds found naturally in foods and in your body. Purines come from the foods you eat. When your digestive system breaks these foods down, uric acid is created as a byproduct. Your body reabsorbs most of the uric acid, with the rest excreted, or passed from the body, in your urine and feces. Your body isn't able to fully process very high levels of purines. This causes uric acid to build up in the body. Hyperuricemia can happen on its own when you eat high-purine foods, but it is more likely if you eat high-purine foods when you have underlying health conditions, such as: If you have hyperuricemia or gout, ask your healthcare provider if you should avoid or limit high-purine foods. These include: Sugars and fruit high in fructoseSugary beveragesProcessed foodsRed meat and organ meatCertain fish and shellfishAlcoholYeasts Removing these foods and drinks from your diet can help prevent and manage gout flare-ups. Sugar, including fructose, seems to increase uric acid levels in the blood. Fructose is a natural form of sugar found in some foods. It's added to many products as high-fructose corn syrup. Avoiding or limiting high-fructose foods may help lessen gout symptoms. Fruit juices and sugar-sweetened beverages have been associated with hyperuricemia and gout. Some fruits are naturally high in fructose, but more research is needed to determine if they have the same effect as fruit juices and sweet drinks. If you have gout, you dont have to avoid all fruit, but it might help to: Avoid or limit fruit juicesLimit fruits high in fructose, such as apples, pears, mangoes, figs, watermelon, and dried fruitPay attention to how these changes affect your gout symptomsA small apple or orangeA small banana (less than 6 inches long)4 ounces (1/2 cup) of juice1 ounce (a palmful) of dried fruitA half-cup of fresh fruit Sodas and sugary drinks are considered empty-calorie foods. They contain no beneficial nutrients but can add a lot of calories to your diet. They also may add to your risk of gout flare-ups. One 2020 research review analyzed several studies looking at the relationship between fructose in sugar-sweetened beverages and gout development. It found these drinks are significantly associated with an increased risk of gout and hyperuricemia. Along with fruit juices, it may help to avoid these types of beverages: SodaEnergy drinksSports drinksSweet coffee drinks The modern Western diet is often high in processed foods and refined carbohydrates. These foods have been linked to a higher risk of gout as well as other health conditions, including:Type 2 diabetesHeart diseaseWeight gain and obesity By avoiding highly processed and refined-carb foods and beverages, you can help to limit the development of gout and its symptoms. Foods to avoid include: CandyBaked goods, such as muffins, pastries, cookies, and cakesWhite breadChips and crackersIce creamSome frozen mealsFast food Red meat and organ meats are high-purine foods. Researchers have demonstrated that these foods can raise the risk of high uric acid levels and gout episodes. To limit your risk, keep your intake of these red meats and organ meats low: BeefBisonVenison and other wild gameLiverHeartSweetbreadsTongueKidney Keep in mind that many meat-based soups, gravies, and processed meats like salami and pepperoni can raise the risk of gout flare-ups too. Chicken has moderate purine levels and may be eaten in moderation.You can still get enough protein in your diet while limiting the amount of animal protein you eat. Eggs, beans, nuts, low-fat dairy, tofu, and some (but not all) seafood are good choices. Certain types of seafood are high in purines. These should be avoided on a gout-friendly diet, while other types of seafood can be included. Some types of fish and shellfish have moderate levels of purine and should be limited to less than 6 ounces per day. Fish and Seafood to AvoidAnchoviesCodfishHaddockHalibutHerringJack mackerelMusselsSardinesTroutTunaFish and Seafood in ModerationLobsterCrabShrimpOystersClamsSalmon Fatty fish, such as tuna and salmon, are good sources of omega-3 fatty acids and are generally thought of as healthy. However, they are high in purines. Some research suggests that fish high in omega-3 fatty acids (but not omega-3 supplements) are linked to a lower risk of gout flare-ups. More research is needed to understand these findings. Alcohol use is associated with gout, so it's recommended you avoid alcohol when following a low-purine diet. Beverages to avoid include: BeerHard liquorOther grain alcohols Wine has long been associated with lower purine levels and is considered "safe" in moderation for people with a history or risk of high uric acid levels. However, a study of 724 people with a history of gout who consumed alcohol found that wine, beer, and hard liquor were each associated with a higher risk of gout flare-ups. This was true even with potentially moderate amounts, although more so in people who ate high-purine foods and were on certain medications.Studies have shown that genetics may contribute to your risk of gout, including how alcohol consumption may affect you. A study of 114,540 adults in Taiwan suggests that alcohol use, combined with a specific genetic profile, raises the risk of high uric acid levels. More research is needed to understand how genetics is at work in these cases. Certain yeasts and yeast extracts are high in purines. You should avoid foods and supplements that contain them. Yeast extract is found in foods such as: Some soy saucesCanned soups and stewsFrozen dinnersSalty snacks Some foods can help lower uric acid levels, which can relieve gout flare-ups and prevent future attacks. The following foods may help to ease gout by lowering uric acid levels or reducing purine intake: Cherries Foods high in vitamin C (e.g., oranges, spinach, kale)CoffeeLow-purine foods (e.g., whole grains, vegetables, plant-based protein like nuts and legumes)Low-fat dairyWater Cherries have been studied for their role in preventing and managing gout. Their deep red color is due to natural compounds called anthocyanins, which contain antioxidant and anti-inflammatory properties. Although cherries are high in naturally occurring fructose, research has shown that cherry consumption may help reduce uric acid levels, thus decreasing inflammation and lowering the risk of future gout attacks.Tart cherries like Montmorency or Balaton are the most commonly studied type for gout. Fresh, frozen, juice, or extract forms are commonly consumed. However, there are no defined amounts to eat per day for gout prevention. Studies vary widely in the serving of cherries studied, such as 1/2 cup of fresh cherries vs 1 cup of cherry juice per day. For cherry extract supplements, it is best to follow the suggested dosage on the nutrition label.Tart cherry juice may help decrease uric acid levels and inflammation in gout. Research is limited, with often small numbers of study participants and short-term follow-up.Nevertheless, a 2019 review of six studies analyzed the effect of cherry juice or cherry extract intake on gout and concluded that cherry intake was associated with a reduced risk of gout attacks. Researchers did note that larger, more long-term studies are needed to clarify this association.When choosing tart cherry juice, be sure to look for unsweetened varieties to help reduce the amount of added sugar in your diet. Vitamin C is a well-known antioxidant, but it is lesser known for its potential role in the treatment of gout by lowering blood uric acid levels. A prospective study published in 2009 followed nearly 47,000 men for 20 years and examined their risk of gout in relation to their vitamin C intake. The researchers concluded that higher vitamin C intake was associated with a lower risk of developing gout, with up to a 45% lower risk when consuming 1,500 milligrams or more of vitamin C per day. A 2011 analysis of 13 randomized controlled clinical trials in people with high blood uric acid levels found that vitamin C supplementation with a median dose of 500 milligrams per day for