

# Diet for people with gout: What to eat, what to abstain to treat effectively?

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## About gout

### What is gout?

Gout (also known as gout or leprosy) is actually a form of arthritis that causes sudden pain accompanied by swelling and redness . at some joints, especially Especially in the big toe.

### The cause of gout

According to experts, the main cause of gout is due to excessive accumulation of uric acid in the blood. If uric acid levels exceed the allowed level, they will build up in the joints, causing inflammation, swelling and pain to the patient.



## **Manifestations of gout**

People with gout often develop symptoms such as:

1. Acute arthritis causes swelling, aches and pains especially joints in the feet and big toe.
2. Deposition of urate deposits is manifested by the appearance of urate lumps or particles under the skin that are usually in the ears, kneecap or near the heel.
3. Blood tests showed that uric acid increased above 400 micromol / liter .

## **Who is most at risk for gout?**

The following situations are at greater risk for gout:

1. Family with a history of gout.
2. Those who are overweight and obese.
3. Eating unreasonably, eating too many foods containing many purines.
4. Alcohol or coffee addiction.
5. Taking a lot of diuretics such as lasix, hypothiazide . can increase uric acid and cause acute gout attacks.

## **How does the diet affect gout?**

Diet has a huge effect on people with gout. An unbalanced, unreasonable diet can worsen gout. For example, some purine-rich foods will increase uric acid levels and this is not beneficial for people with gout.

In addition, fructose or sweet foods can also increase the risk of gout even though they contain no purine.

From the above evidence, we can see that a reasonable diet is very important for gout patients. So, what do gout eaters and what should they eat? Please follow the next part of the article to get the answer.



## What should a gout person eat and abstain from?

### People with gout should eat?

This is a question that many gout sufferers ask. Because most familiar foods contain purine or fructose. However, some foods are very low in these 2 substances, so you can still use them, for example:

1. Fruits: Almost all fruits are good for people with gout. Cherries can even prevent gout attacks by reducing inflammation and uric acid levels in the body. In addition, you can also choose some other fruits such as watermelon, cucumber, blueberry . because the purine content in these types is extremely low.
2. Vegetables like mustard greens, eggplant, pumpkin . not only contain less purine but also help reduce the amount of uric acid in the blood. Therefore, you can eat these fruits and vegetables freely.
3. In addition, there are many foods that people with gout can eat such as beans (soybeans, lentils .), nuts or whole grains, dairy products, eggs .



## What do people who suffer from gout fasting?

As you know, purine is the "culprit" that causes sudden gout attacks. Therefore, to best control this disease, you should avoid using foods rich in purine or high in fructose. Here are some foods that people with gout should avoid:

1. Sour fruits, fermented foods, mushrooms, bamboo shoots, and bean sprouts because they can speed up the synthesis of uric acid in the body.
2. Certain spices, such as chili and pepper, can cause autonomic nervous excitement to trigger gout relapses.
3. Avoid drinking alcohol because alcohol increases the production of uric acid in the liver and prevents the kidneys from discharging uric acid.
4. Some vegetables that are not good for gout sufferers are spinach, cabbage, asparagus and mushrooms.
5. Types of fish such as herring, mackerel, tuna, sardines, anchovies .
6. Seafoods like scallops, crabs, shrimp .
7. Sugary drinks, especially fruit juices and soft drinks.
8. High fructose foods like honey, syrup .
9. Animal organs such as liver, heart, kidney .
10. Pheasant, veal and venison.



In addition, you should also avoid refined flour for dieters such as white bread, cakes and biscuits. Although these foods do not contain much purine or fructose, they are low in nutrients and can increase uric acid levels.

Once you know the foods to eat and should abstain, you will certainly be easy to build yourself a diet, right? Here are a few menus we have come up with for your reference:

### Refer to the menu for gout patients

Here are some diets for gout patients recommended by Dr. - Dr. Nghiem Nguyet Thu - National Institute of Nutrition:

*Monday - Wednesday - Friday*

**Breakfast (7 hours):** Pho beef includes 150 grams of pho, 35 grams of beef, 10 grams of scallions and broth (salt ratio is 1g salt / 100ml).

**Lunch (11 hours):**

1. 2 bowls of rice and rice.
2. 50 grams of chopped pork ribs (boned).
3. Fried tofu includes 20 grams of beans, 3ml of cooking oil.
4. Stir-fried chayote consists of 200 grams of chayote and 7ml of cooking oil.
5. Broccoli soup includes 50 grams of broccoli.
6. Dessert: 150 grams of lychee.

**Brunch (15 hours):** 100 grams of sweet potatoes.

**Dinner (18 hours):**

1. 150 grams of plain rice with sugar and 2 backs of rice bowl.
2. Fried tilapia includes 50 grams of tilapia, 5ml of cooking oil.
3. Bitter melon fried eggs include 200 grams of bitter melon, 20 grams of chicken eggs (half a fruit) and 7ml of cooking oil.
4. 1 cup vegetable broth.
5. 150 grams of watermelon.



*Tuesday - Thursday - Saturday*

**Breakfast (7 hours):** Vermicelli with tofu crab noodles including 180 grams of vermicelli noodles, 30 grams of crab meat, 5 grams of green onions, 30 grams of tomatoes and broth (with a salt ratio of 1g salt / 100ml).

**Lunch (11 hours):**

1. 200 grams of ordinary rice (equivalent to 2 bowls of rice).
2. 150 grams of oranges.

3. 1 cup green pumpkin soup.
4. 200 grams of boiled cabbage.
5. 20 grams of lean roasted shoulder meat.
6. Fried carp in tomato sauce includes 70 grams of carp, 25 grams of tomato, 7ml of cooking oil.

**Brunch (15 hours):** 100 grams of pepper bananas.

**Dinner (18 hours):**

1. 200 grams of grapefruit (3 packs).
2. 1 cup of spinach.
3. 200 grams of boiled gourd.
4. 10 grams of roasted peanuts.
5. Fried pork includes 70 grams of lean meat and 5ml of cooking oil.
6. 150 grams of ordinary rice (equivalent to the mouth of a rice bowl).

*Sunday*

**Breakfast (7 hours):** Sticky rice consists of 50 grams of glutinous rice, 10 grams of peanuts and 3 grams of sesame.

**Lunch (11 hours):**

1. 200 grams of ordinary rice (equivalent to 2 backs of a small bowl).
2. Stir-fried beef with onions includes 50 grams of beef, 20 grams of tomatoes, 50 grams of onion, 7ml of cooking oil.
3. 20 grams of goby.
4. 200 grams of boiled radish.
5. 1 cup pumpkin soup.
6. 100 grams of ripe mangoes.

**Brunch (15 hours):** 200 grams of sapodilla.

**Dinner (18 hours):**

1. 150 grams of ordinary rice (equivalent to a small bowl).
2. 50g steamed lemongrass shrimp.
3. Molded egg consists of half a chicken egg, 10 grams of lean shoulder meat, 3ml of cooking oil.
4. 200 grams of fried cabbage.
5. 1 cup of green vegetables.
6. 100 grams of pomegranate.

## **Tips for people with gout**

1. Should add 500 - 1000mg of vitamin C daily to improve the pain caused by inflammation, swelling.
2. Drink plenty of water to increase uric acid excretion in the urine.
3. Common oils should be replaced with olive oil, peanut oil, sesame oil, sunflower oil .
4. Prefer steamed, boiled and limited fried and oily dishes.
5. Limit alcoholic beverages.
6. Exercise regularly to maintain health, while maintaining the lowest level of uric acid in the blood.

7. In addition, you should also have a blood glucose meter (which measures both blood fat and gout), a gout test strip to check the condition at home, and use a pill to help reduce uric acid to increase Effective treatment and prevention of this evil disease.

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