

## Gout Diet, Foods To Avoid If you have Gout

**Y**ou did not know, **gout** is a condition that is caused by **uric acid** in the blood. High levels of **uric acid** in blood cells creates deposits between connective tissue of the joints. These deposits shaped like sharp jagged needle crystals causes swelling, irritation, redness and pain.



*“ Uric acid is a breakdown of a substance called **purines** which kidneys are unable to process or "under-elimination", usually comes from foods with high active degree of purine, for instance, sardines in oil, liver, or bacon.*

- Purine is a natural substance discovered in a lot of our meals, particularly animal protein.
- When consumed the system should go to work, breaking the purine down and also producing uric acid as a result.

Can be found in high levels in processed foods, bad foods and some alcohol, beer in particular. It makes sense that having a diet high in animal and purine-rich foods, in addition to consuming excessive amounts of alcohol can lead to gout, especially if it is a condition that runs in the family.

So you might want to lower your **uric acid levels** as much as possible.

However, to really go about lowering **uric acid levels** you have to look at your diet and make some amendments, as there are a few foods to avoid with gout. On the list of worst violators tend to be, most meats, offal, meat extracts, game meats, processed meats, gravy, yeast extracts, mackerel, sardines and a many more.

These foods are extremely full of purine and should be prevented, especially during a gout flare-up. Once gout signs are under control, small amounts of these foods can be eaten, however, it must only be moderation and you will be running a risk of experiencing further gout difficulties.

- The best way to manage your gout through is to have an eating plan, look at changing the foods you eat as a lifestyle choice instead of a diet.
- That way you prevent the feelings of 'missing out' and your new food choices will become a habit.

You want to eat meals that are low in purine content such as breads and cereals (low-fiber, white flour, or refined grain types), nuts, peanut butter. Vegetables not high in purines, soups - cream style or vegetable without meat remove, coffee, tea, fruit juices, soft drinks, gelatin, sugar or perhaps low fat cheeses.



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### Having Coffee or Tea Frequently Does Not Bring Any Problem but Consuming Alcohol Does

It can raise uric acid at a level which will induce gout assaults. Avoid at all cost. Drinking a minimum of 10 to be able to 12 eight-ounce glasses of non-alcoholic essential fluids every day is recommended, to help flush the uric acid crystals from the body.

Lot of people have been asking, "is eggplant filled with purine?". Based on the info collected at Acumedico.com, eggplant, or even aubergine only has 21mg uric acid/100 g, which considered low in a substance called purine.

To sum it all up, the general rule is stop meals that contains active of purine. Try to change your diet plan by having a eating plan which includes food with low purines and you should be free from **gout flares**.

- Rammel Firdaus has been interested in gout given that his mother has it.
- View the complete version of this article together with a summary of 230 foods with purine content material here at, [Foods To Avoid With Gout](#)

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