

Sidestep These Foods to Avoid Gout Flare-ups

Gout is a form of inflammatory arthritis that affects over 9 million Americans and is associated with painful episodes called attacks, also known as flares.^{2,3} With the help of a physician, however, many adults who suffer from gout may be able to prevent future flares.⁴

Visiting your doctor and setting up a gout treatment plan is the first step to preventing future flares. However, lifestyle changes may also help you live better with the disease.⁴

9.2 MILLION



Gout affects approximately 9.2 million Americans¹

Your doctor may recommend that you limit or avoid certain foods:

Meat & Seafood⁶

- Organ and glandular meats.** Avoid meats such as liver, kidney and sweetbreads, which have high purine levels and contribute to high blood levels of uric acid.
- Red meat.** Limit serving sizes of beef, lamb and pork.
- Seafood.** Some types of seafood — such as anchovies, shellfish, sardines and tuna — are higher in purines than are other types. But the overall health benefits of eating fish may outweigh the risks for people with gout. Moderate portions of certain kinds of fish can be part of a gout diet.

High-Fructose Foods⁵

- Fructose.** A naturally occurring simple sugar found in fruit, vegetables and honey. It has become an additive in many foods and drinks. There is a correlation between a diet high in fructose content and gout.
- High-fructose corn syrup.** In the typical American diet, high-fructose corn syrup is added to many foods. Avoid any products with high-fructose corn syrup such as:
 - Soft drinks
 - Ice cream
 - Juices
 - Candy
 - Cereals
 - Processed foods at fast food restaurants
 - Store-bought baked goods

High-Fructose Fruits⁵

- Many fruits are naturally high in fructose, so they should also be limited to one or two cups per day.
 - Apples
 - Peaches
 - Cherries
 - Pears
 - Dates
 - Plums
 - Grapes
 - Prunes

Alcohol⁶

- Beer and distilled liquors.** They are associated with an increased risk of gout and recurring attacks.
- Avoid alcohol during gout attacks, and limit alcohol, especially beer, between attacks.



More Resources at mitigare.com

- Discover more about gout diet info: [Gout Flare Prevention Blog](#)
- Enjoy this companion infographic: [A Gout-Friendly Diet at-a-Glance](#)
- Find additional guidance in the [Understanding Gout Brochure](#)

1 Chen-Xu M, et al. Contemporary Prevalence of Gout and Hyperuricemia in the United States and Decadal Trends: The National Health and Nutrition Examination Survey, 2007-2016. *Arthritis Rheumatol.* August 28, 2020 (6):991-999.

2 Zhu Y et al. Prevalence of Gout and Hyperuricemia in the US General Population. The National Health and Nutrition Examination Survey 2007-2008. *Arthritis Rheum.* 2011;63(10):3136-3141.

3 Mayo Clinic. Diseases and Conditions. Gout. Symptoms. Available at: <https://www.mayoclinic.org/diseases-conditions/gout/basics/symptoms/CON-20019400>. Accessed August 28, 2020.

4 Mitigare® (Colchicine) Capsules [prescribing information]. Columbus, OH: West-Ward Columbus, Inc.; 2019.

5 Gout & Uric Acid Education Society literature. *Go For Six with Gout*; 2018.

6 Mayo Clinic website. Healthy Lifestyle/Nutrition and healthy eating. *Gout diet: What's allowed, what's not.* Available at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gout-diet/art-20048524>. Accessed August 28, 2020.