

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.¹ With the help of a physician, however, many adults who suffer from gout may be able to prevent future flares.^{2,3}

Visiting your doctor and setting up a gout treatment plan is the first step to preventing future flares.² However, lifestyle changes may also help you live better with the disease.^{2,4-6}

9.2 MILLION



Gout affects approximately 9.2 million Americans¹

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

Meat & Seafood⁴

⊘ 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 Foods⁵⁻⁷

⊘ Fructose. A naturally occurring simple sugar found in fruit, vegetables and honey. When your body breaks down fructose, purines are released. As purines are broken down, uric acid is produced. 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 Fruits⁵⁻⁸

! Many fruits and their juices are naturally high in fructose, including:

- Apples
- Pears
- Mangoes
- Watermelon
- Grapes
- Figs

Within minutes of being consumed, fructose can generate uric acid.

Alcohol⁴

⊘ 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 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, Yokose C, Rai SK, Pillinger MH, Choi HK. Contemporary Prevalence of Gout and Hyperuricemia in the United States and Decadal Trends: The National Health and Nutrition Examination Survey 2007-2016. *Arthritis Rheumatol.* 2019;(6):991-999.

² Gout/Diagnosis & treatment. Mayo Clinic website. Available at: <https://www.mayoclinic.org/diseases-conditions/gout/diagnosis-treatment/drc-20372903>. Accessed October 20, 2022.

³ Mitigare® (Colchicine) 0.6mg Capsules [prescribing information]. Columbus, OH: West-Ward Columbus, Inc.; 2019.

⁴ Gout diet: What's allowed, what's not. Mayo Clinic website. Available at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gout-diet/art-20048524>. Accessed October 20, 2022.

⁵ What's the Relationship Between Gout and Sugar? Healthline website. Available at: <https://www.healthline.com/health/gout-and-sugar>. Accessed October 20, 2022.

⁶ Gout Diet & Lifestyle/Gout Diet. Gout Education Society website. Available at: <https://gouteducation.org/diet-lifestyle/>. Accessed October 20, 2022.

⁷ Fructose intolerance: Which foods to avoid? Mayo Clinic website. Available at: <https://www.mayoclinic.org/fructose-intolerance/expert-answers/faq-20058097>. Accessed October 20, 2022.

⁸ Which Fruits Have the Most Sugar? WebMD website. Available at: <https://www.webmd.com/diet/ss/slideshow-fruit-sugar>. Accessed October 20, 2022.