A Gout-Friendly Diet At-a-Glance

If you or a loved one suffers with gout, the medications your doctor prescribes combined with a gout-friendly diet may reduce your risk of future flares.¹²

How is this possible? A diet rich in vegetables, low-fat dairy, nuts and grains and some fruit can help lower uric acid levels.¹

Eat low-purine foods:
- Poultry
- Most Vegetables
- Potatoes
- Low- or Non-Fat Dairy Products

Consider limiting:
Pork, beef and lamb, shellfish, oily fish, salt and sugar.¹²

Stay hydrated!
Many dietitians recommend consuming at least 64 ounces of water daily. Water helps the body transport nutrients and waste and can help cushion joints and tissues.³

Take your vitamins.*
The risk of gout appears to be lower in men taking daily vitamins. Vitamin C may be a useful supplement in the 500 to 1000 mg per day range.³

*Talk with your doctor before taking any vitamins or supplements.

More Gout Diet Resources at mitigare.com

Enjoy the companion infographic: Sidestep These Foods to Avoid Gout Flare-ups.
You'll find additional Gout Diet guidance by downloading the Understanding Gout Brochure.