

# 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.<sup>1,2</sup> How is this possible? A diet rich in vegetables, low-fat dairy, nuts and grains and some fruit can help lower uric acid levels.<sup>1</sup>



## Eat low-purine foods<sup>1-3</sup>:

- ✓ Poultry
- ✓ Most Vegetables
- ✓ Potatoes
- ✓ Low- or Non-Fat Dairy Products

## Consider limiting:

Pork, beef and lamb, shellfish, oily fish and sugar.<sup>1,2</sup>

## Stay hydrated!

Drink at least 8 glasses of non-alcoholic beverages each day; more if you are having a gout flare.<sup>1-3</sup> Water is best because it helps flush uric acid out of your system and keeps you hydrated.<sup>1,2</sup>



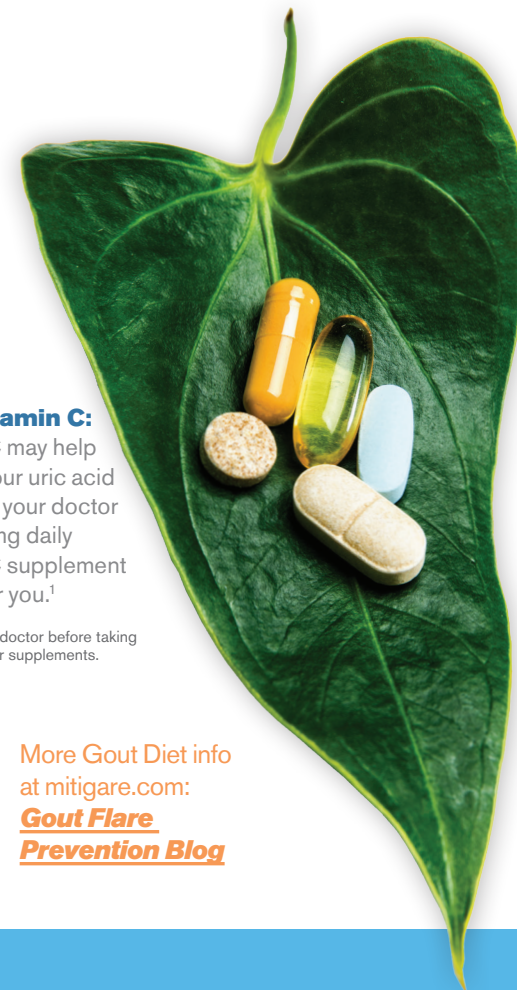
## Take Vitamin C:

Vitamin C may help reduce your uric acid level. Ask your doctor if a 500-mg daily Vitamin C supplement is okay for you.<sup>1</sup>

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



More Gout Diet info at [mitigare.com](https://mitigare.com):  
**Gout Flare Prevention Blog**



## More Gout Diet Resources at [mitigare.com](https://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](#).

<sup>1</sup> 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.

<sup>2</sup> Gout Diet: Dos and Don'ts. Arthritis Foundation website. Available at: <https://www.arthritis.org/health-wellness/healthy-living/nutrition/healthy-eating/gout-diet-dos-and-donts>. Accessed October 20, 2022.

<sup>3</sup> Gout Diet: Foods to Eat and Those to Avoid. WebMD website. Available at: <https://www.webmd.com/arthritis/gout-diet-curb-flares>. Accessed October 20, 2022.