

## Foods for Gout

**G**out is a form of arthritis which is caused because of increased levels of **uric acid** in the blood. Gout is also referred to as metabolic arthritis or urarthritis, and mainly affects the big toe, ankle, heel and joints in the feet. Nevertheless, gout could also affect joints like the fingertips, elbows, and knees. Gout is especially brought on because of excessive manufacture of **uric acid** that is not properly eliminated from our body. The breakdown of **purines** and the uric acid build-up in the blood can lead to several health complications such as gout arthritis, kidney stones and kidney failure. Some other factors including genetic factors, obesity, excessive dehydration, excessive alcohol consumption and intake of foods containing a high level of purines, could also lead to the appearance of gout.



Gout is actually an extremely painful type of arthritis which causes serious pain, redness, puffiness, and stiffness of joints. If not taken care of, it can result in damage to joints, thus leading to long lasting disabilities. For that reason, it is very important to prevent acute **gout attacks**. Some preventive measures for gout include utilizing medications so that you can reduce the level of uric acid, maintaining a healthy body weight, ample fluid intake, reduced consumption of alcohol, and change in the diet.

- Change in diet plays an important role in **treating gout**.
- It is important to avoid meals that include high levels of purines, and follow a diet that will help ease the the signs of gout.
- Mentioned below are some meals for gout as well as some foods that you need to avoid.



GoutPurinesUric AcidUricTreating GoutGout PatientsGout

Diet for Gout: **Gout patients** must avoid eating food that include purines. Gout patients should consume foods containing complex carbohydrates, such as low-fat dairy products, pasta, bread as well as rice. Eat adequate quantities of essential fatty acids like nuts, tuna, salmon, and flaxseed. Foods that include low amounts of purines can be consumed in moderation. Such foods include eel, fresh and saltwater fish, poultry, beef soups, legumes, wheat bran, spinach, oatmeal, whole grain bread, cereals and wheat germ.

Eat vegetables that are low in purines including cabbage, kale, and parsley along with green leafy vegetables. Eat low-fat cheese, blueberries, strawberries, celery and tea. Include food which are rich in bromelain like pineapple, and foods that are rich in vitamin c like mandarin, oranges, red cabbage and red bell peppers. Foods you should avoid: Do not consume high proteins and purine-rich foods which contain organ meats (brain, kidney, and liver), meat extracts, pork, chicken, shrimp, crab, lobster, wheat, yeast, vinegar, black beans, lima coffee beans, soya beans, scallops, herring, mackerel, beef, mussels, pastries, cream and also whole milk products.

Vegetables like asparagus, cauliflower, as well as mushrooms are extremely rich in purines and need to be avoided. Patients must also steer clear of acid-forming items such as alcohol based drinks, prepared syrups, sauces, packaged juice, artificial sweeteners, as well as pickles. Besides these foods, medications like Colchicine have proved very effective for treating gout. Colchicine is an oral, anti-inflammatory alkaloid utilized for effectively treating and also protecting against certain types of **gouty arthritis** like **pseudo gout** (a joint inflammation). This drug can also be used to take care of **joint pain** and swelling caused as a result of other forms of gout. Patients can order Colchicine on the internet or obtain Colchicine from their neighborhood pharmacist. But, you ought to consult a health care professional before you buy Colchicine for treating gout.

- Andy King is an associated editor to the website eMedOutlet.net - Trusted Online Local pharmacy.
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