

HYPERURECIMIA

- Food with moderately high purine content like asparagus, cauliflower, mushrooms, pear, spinach, whole grain breads and cereals, chicken, duck ham, kidney and lima beans should be consumed in **moderation**. (Purines are found in all protein sources, caution should be exercised not to eliminate them completely from the diet. It's a balancing act that needs to be performed)
- Use of **animal proteins should be restricted**.
- Weight reduction has been found to be effective in actively reducing chronically raised uric acid levels. However, a **sudden change in weight** towards a drop can also precipitate an attack of uric acid. It should therefore be ensured that weight loss is slow and sustained to gain maximum benefit.
- **Infections** if any, should be treated immediately as they act as stressor and may increase uric acid levels.
- **Avoid dehydration**- hydration should be maintained sp after strenuous exercise, high temperature environment, etc., as dehydration precipitates the uric acid crystal formation and hence an acute attack.
- **Avoid alcohol**, sp beer which is known to precipitate an attack, however wine consumption in small quantity seems to have beneficial effect.
- **FRUCTOSE FROM THE CORN syrup in soft drinks** increases risk of gout.

Food recommended for those with hyperuricemia is as follows:

- Fresh cherries, strawberries, blueberries and other blue **berries** contain chemicals that lower uric acid and reduce inflammation
- Bananas, Celery, tomatoes, **turmeric** (has anti- inflammatory properties and relieves pain)
- **Vegetables** like kale, cabbage, parsley, green leafy vegetables
- Food high in bromelain like **pineapple**, is a highly effective anti-inflammatory agent.
- Food high in **vitamin C**- red cabbage, red bell pepper, tangerines, mandarins, oranges, potatoes
- Drink fruit juices (natural and not sugared) and plenty of water helps lower serum uric acid levels. Low fat dairy products can be included
- **Complex carbohydrates** help in reducing uric acid burden of the body.
- Chocolate, coca, coffee and tea in moderation
- **Essential fatty acids** found in tuna, salmon, flaxseed, nuts, seeds, olive oils etc are recommended in those with hyperuricemia.
- **Tofu**, although a legume and made from soy is a better choice than meat, for those who want a substitute for meat. Eating more plant-based protein reduced the uric load of the body.