



GOUT MANAGEMENT

WHAT IS GOUT?

- ⇒ Gout is a common form of inflammatory arthritis that is very painful. It usually affects one joint at a time (often the big toe joint). There are times when symptoms get worse, known as flares, and times when there are no symptoms, known as remission. Repeated bouts of gout can lead to gouty arthritis, a worsening form of arthritis.
- ⇒ There is no cure for gout, but you can effectively treat and manage the condition with medication and self-management strategies.
- ⇒ Gout is associated with other chronic conditions such as hypertension, hyperlipidemia, obesity, and diabetes, so good control of those conditions will also help manage gout.
- ⇒ Gout flares start suddenly and can last days or weeks. These flares are followed by long periods of remission—weeks, months, or years—without symptoms before another flare begins.

WHAT CAUSES GOUT?

Gout is caused by a condition known as hyperuricemia, where there is too much uric acid in the body. The body makes uric acid when it breaks down purines, which are found in your body and the foods you eat. When there is too much uric acid in the body, uric acid crystals can build up in joints, fluids, and tissues within the body. Hyperuricemia does not always cause gout, and hyperuricemia without gout symptoms does not need to be treated.

HOW CAN I MANAGE MY GOUT?

The most effective strategy for living with gout is a combination of medical treatment and dietary changes. Medically this is accomplished by working with your doctor to establish a medication regimen to reduce inflammation and lower uric acid levels in the blood. The goals are to manage the pain of any current flare and prevent future flares.

HOW SHOULD I CHANGE MY DIET?

While diets that are heavy in High-purine foods such as beer, shellfish & meat have been associated with an increased risk of developing gout, the general consensus is that a Low Purine diet is an impractical long-term strategy for managing gout and may not be effective. Based on current research, the most prudent strategy for managing gout from the outset is a Two-step process -- manage the flare conservatively with diet and medication in order to return to your baseline health & reduce your uric acid levels, then work towards a long-term healthy diet loaded with fruits, vegetables, complex carbohydrates, and lean animal & plant-based proteins.



STEP 1 - MANAGING A FLARE:

GOAL: Reducing uric acid level & physical symptoms of gout

- ⇒ Increase your intake of water & unsweetened beverages to 8 - 12 cups per day
- ⇒ Eliminate the Highest Purine foods including Beer, Hard alcohol, Gravies made with meat, Shellfish, Organ meat.
- ⇒ Focus on plant-based proteins such as tofu, edamame, legumes, and nuts, as well as lean poultry, eggs and low-fat dairy
- ⇒ Fructose is the only carb known to increase uric acid levels, not to mention contributing to insulin resistance & metabolic syndrome. Reduce your intake of fructose-sweetened foods such as fruit juice & sweetened soda, dried fruit, honey, pasta sauce, high-fructose fruit, sweetened yogurts & dressings. Many non-organic & some organic wines are sweetened with fructose (see list on next page)
- ⇒ Consider increasing foods that may be protective in preventing gout & assist in reducing uric acid levels in the blood:
 - *Low-fat dairy:* Add 1 - 2 servings per day including organic low-fat milk, Greek yogurt, or cheese
 - *Vitamin C foods:* Include low-fructose fruits like oranges or strawberries, as well as veggies like red & green peppers, tomatoes & broccoli (see list on next page)
 - *Cherries and 100% cherry juice* has been shown to help remove uric acid from the blood at 1 - 2 servings per day.

STEP 2 - LONG TERM MANAGEMENT:

GOAL: Begin integrating these strategies ASAP & continue once your flare has resolved:

- ⇒ Arrive at & maintain a healthy weight through nutrition & consistent exercise
- ⇒ Continue to work with your doctor on your medication plan & take your medications as directed
- ⇒ Build your diet around vegetables, whole grains, low-fructose fruits & plant & lean animal protein
- ⇒ Continue to consume plant-based proteins, as well as including lean poultry, eggs, cold-water seafood (salmon, trout, tuna, mackerel, halibut) & grass-fed beef (no more than 1x week)
- ⇒ Continue minimizing fructose intake for long-term control & better blood sugar management



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HIGH FRUCTOSE FOODS:

Vegetables

Artichokes, garlic, leek and scallion bulbs (the white parts), shallot, onion, onion & garlic powder, peas, Jerusalem artichokes, asparagus, sugar snap peas, sun-dried tomatoes

Fruit

Banana (ripe), currants, dates, figs (dried), most dried fruit in general, grapefruit, nectarine, Persimmon, plums, prunes, white peaches, watermelon, apples, boysenberry, cherries**, fresh figs, mango, pears, tamarillo, watermelon

Grains

Rye, wheat, barley

Nuts

Pistachios, cashew

Legumes

Borlotti beans, mature soybeans (most soymilk, soy flour), baked beans, black, fava, kidney & navy beans, split peas

Other

Oolong tea, chamomile and fennel, Herbal tea, carob, chicory root extract, inulin (found in many processed “healthy” snacks)

Sweeteners

Agave, honey, high fructose corn syrup (HFCS), Jam (with HFCS), Ketchup (with HFCS), Jarred tomato sauce

Alcohol

Rum

**While Cherries are high in fructose, they are also anti-inflammatory and research has shown potential uric acid lowering benefits, hence they are included in the Recommended foods in moderation.

RECOMMENDED HIGH VITAMIN C FOODS:

- Bell pepper
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Citrus fruits: orange
- Dark-green leafy vegetables
- Kiwi
- Papaya
- Salsa
- Strawberries
- Tomatoes