

How to Manage Gout?

Gout is a common form of arthritis that can be very painful. Gout usually affects one joint at a time (often the big toe joint). The effected joint can be swallow, red, hot and painful.

WHAT CAUSES GOUT?

Gout is caused by a buildup of uric acid in our body. Some foods can raise uric acid levels in our body and cause flare-ups of gout. The good news is you can follow the traffic light system to learn what foods you can eat freely and what foods to limit.

Here is a list of “green & yellow light” foods you can eat freely or in moderation:


Food Group	Eat Freely	
Beverages	Water, tea, coffee, cocoa	
Breads and Cereals	Bread, pasta, rice, cornbread, popcorn	
Protein	Eggs, tofu, nuts, nuts butter All dairy foods, especially low-fat types	
Vegetables	All vegetables, except those that should be eaten in moderation	
Soups	Soups made without meat	

Food Group	Eat in Moderation	
Breads and Cereals	<ul style="list-style-type: none"> • Oatmeal (no more than 2/3 cup uncooked, daily) • Wheat bran (no more than 1/2 cup, daily) 	
Protein	<ul style="list-style-type: none"> • Meat, fish, shrimp, and poultry (limit to 1-3 servings daily) • Beans, peas, and lentils (limit to 1 cup cooked daily) 	
Vegetables	Asparagus, cauliflower, spinach, mushrooms, green peas (limit to 1/2 cup daily)	
Soups	Meat- or- fish based soups (limit to 1/3 cup daily)	

Some foods can raise uric acid levels in your body and cause flare-ups of gout.

Here is a list of “red-light” foods you should limit in your diet:



Food Group	Foods to Limit
Beverages	Beer and other alcoholic beverages 
Fat and Oils	Gravies made with meat
Protein	<ul style="list-style-type: none">• Anchovies, sardines, herring, mussels, tuna, trout, scallops, codfish• Organ meats (such as liver and kidney) and bacon

What else can you do to improve your symptoms?



DRINK LOTS OF WATER

Make sure to stay hydrated! Water helps remove uric acid from your body. Try to drink at least **8 cups** of liquids a day. Water is the best! Tea, coffee, clear vegetable broth, and low- fat milk are other great sources for fluids.

WATCH YOUR WEIGHT

If you carry extra pounds, it may put you at risk of developing gout. Extra weight can also put more pressure on your joints so losing a few pounds can relieve the pain.

