

High Uric Acid Foods Chart

PATIENT INFORMATION

Patient name: _____

Gender: _____

Date of birth: _____ dd / mm / yyyy

Uric acid levels: _____

Physician notes:

Physician's name: _____

Contact information: _____

WHAT TO AVOID OR LIMIT

What to avoid or limit

Red meats (bacon, turkey, veal, venison)

Organ meat (liver, tongue)

Some vegetables (mushroom, spinach, and asparagus)

Alcoholic beverages

High purine seafood (sardines, anchovies, shellfish)

Sugary or high-fructose food and drink

WHAT TO EAT

What to eat

Fresh fruit (opt for low fructose options and citrus)

Vegetable proteins (peas, beans, leafy starchy greens)

Low fat and non-dairy fat products

Lean poultry (chicken breast)

Eggs, peanut butter, nuts (in moderation)

Caffeinated coffee

DIETITIAN/NUTRITIONIST NOTES

Dietitian/Nutritionist notes