7-Day Gout Diet Plan

Name: _____ Week beginning: _____

Last flare: _____ Current urate level: _____

Clinician: _____ Review date: _____ mm / dd / yyyy

WHAT DIET CAN AND CANNOT DO

> **Diet alone will not control gout**
> Dietary change typically lowers serum urate by around 1 mg/dL. That helps, but urate-lowering medication is what brings most people to target and keeps them there. Do not stop prescribed medication in favour of diet.

The food that matters most is not the food with the most purines overall. Purine-rich vegetables do not raise gout risk. The strongest dietary triggers are organ meats, certain seafood, beer and spirits, and drinks sweetened with high-fructose corn syrup.

WHAT TO LIMIT AND WHAT HELPS

	Limit or avoid	Freely eaten
Meat	Liver, kidney, sweetbreads; large portions of red meat	Modest portions of poultry
Seafood	Anchovies, sardines, mackerel, herring, scallops, mussels	Most other fish in modest portions
Alcohol	Beer and spirits, especially during a flare	-
Sugar	High-fructose corn syrup drinks, fruit juice	Whole fruit
Vegetables	-	All, including peas, beans, spinach, asparagus, mushrooms
Dairy	-	Low-fat milk and yogurt - associated with lower urate
Drinks	-	Water, coffee, cherries or tart cherry juice

> **Purine-rich vegetables are not a problem**
> Spinach, asparagus, mushrooms, peas and beans are high in purines but have not been shown to increase gout attacks. They do not need restricting.

> **Hydration**
> Aim for enough fluid that urine stays pale. Dehydration concentrates urate and is a common trigger, particularly in hot weather or after exercise.

THE WEEK

Day	Breakfast	Lunch	Dinner	Snack
Mon	Porridge with low-fat milk, cherries	Lentil soup, whole grain roll	Roast chicken breast, potatoes, green beans	Low-fat yogurt
Tue	Whole grain toast, eggs, tomato	Egg and bean salad	Vegetable and barley stew	Apple
Wed	Low-fat yogurt, oats, berries	Hummus and salad wrap	Baked white fish, rice, courgette	Handful of cherries
Thu	Porridge, banana, flaxseed	Leftover vegetable stew	Tofu and vegetable stir-fry, noodles	Low-fat milk
Fri	Scrambled eggs, mushrooms, toast	Pasta salad with beans and vegetables	Chicken and vegetable traybake	Pear
Sat	Pancakes with berries, low-fat yogurt	Baked potato, cottage cheese, salad	Vegetable lasagne, side salad	Tart cherry juice

Day	Breakfast	Lunch	Dinner	Snack
Sun	Whole grain cereal, low-fat milk	Roast chicken, vegetables, potatoes	Minestrone, seeded bread	Low-fat yogurt

Day	Water (glasses)	Alcohol units	Joint pain 0-10	Flare?	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

DURING A FLARE

Steps

- [ ] Keep taking urate-lowering medication - do not stop it during a flare
- [ ] Contact your clinician about anti-inflammatory treatment
- [ ] Rest and elevate the joint
- [ ] Apply ice
- [ ] Increase fluids
- [ ] Avoid alcohol completely until the flare settles

Flare record: date, joint, duration, suspected trigger, treatment used

Sources: Plan provided for general education. It is not individualised medical or dietetic advice. · Diet supports but does not replace urate-lowering therapy. Discuss your target urate level with your clinician.