

# Gout

Gout is a form of arthritis and caused by a build up of waste product, uric acid in the bloodstream. Excess uric acid forms small crystals and deposit in and around the joints triggering inflammation, pain and swelling. Pain often attacks big toe joint, ankle, elbow and/or other joints.

Minimising high purine foods intake, exercise, maintaining body weight within healthy weight range, cutting down on alcohol and compliant with medication may help to minimise gout attack. Drink adequate water as fluid management is required when you are on dialysis.

## Lifestyle strategies

**Diet:** Purine foods will break down into uric acid after digestion taking place. Thus, high intake of purine rich foods may cause uric acid to build up in body.

Purine content in 100 gram of foods		
High (150-825mg)	Moderate (50-150mg)	Low (0-50mg)
Alcoholic drinks: beer, spirit	Asparagus, cauliflower, mushroom, spinach	Beverages: coffee, tea and sodas
Anchovies, sardine, herring, mackerel*	Eel	Bread and cereals
Gravies	Fresh & saltwater fish*	Dairy products: cheese and milk
Meat extract	Legumes: lentils, beans, peas, green peas	Eggs*
Scallop	Meats: beef*, lamb*, pork*, veal*	Fish roe
Organ meats: brain, kidney, liver	Meats soups and broths	Fruits & fruit juice
Yeast extracts: Marmite, Vegemite	Poultry: chicken*, turkey*, duck*	Gelatin
	Shellfish: crab, lobster*, oysters	Nuts
	Wholegrain bread	Sugars, syrup and sweets
	Wholegrain cereals	Vegetables(except those listed above) and vegetable soups

\*Good quality protein food source



### Exercise:

- ✓ Choose low intensity, aquatic, slow movement exercise or join the activities nearby your neighbourhood
- ✓ Recommend at least 150 minutes physical activity every week



### Weight management:

- ✓ Consider gradual weight loss if you are overweight or obese
- ✓ You may consult doctor/dietitian for weight loss counselling



### Medication:

- ✓ Take your medication as prescribed

For further information and enquiries, please contact your doctor/dietitian.