



PURINE-FREE FOODS (For patients with gout)

FOODS YOU SHOULD EAT

FRUITS

APPLESAUCE. FRESH, CANNED OR COOKED APRICOTS, BANANAS, BERRIES, CHERRIES, GRAPES, GRAPEFRUIT, ORANGES, PEACHES, PEARS, PLUMS AND PINEAPPLE.

CEREALS

ANY CEREAL. (COOKED OR DRY, READY COOKED)

SOUPS

CREAM OR MILK SOUPS MADE WITH ALLOWED VEGETABLES.

EGGS & CHEESE

EGGS COOKED ANY STYLE. ONLY COTTAGE CHEESE

MEATS, POULTRY, AND FISH

BROILED CHICKEN, BROILED LAMB CHOPS & CRISP BACON ONCE OR TWICE A WEEK.

VEGETABLES

BEETS, CARROTS, CORN HOMINY, EGGPLANT, WHITE AND SWEET POTATOES, LETTUCE AND TOMATOES

BREADS

WHITE OR RYE BREAD. MAYBE TOASTED WITH BUTTER.

BEVERAGES

MILK, BUTTERMILK, FRUIT JUICES, DECAFFEINATED COFFEE.

DESSERTS

JELLO, CUSTARD, & RICE PUDDING

MISCELLANEOUS

ALL NUTS (EXCEPT PEANUTS)

FOODS YOU SHOULD AVOID

FRUITS

RAW APPLES, CANTALOUPE, RAISINS AND WATERMELON.

CEREALS

ALL WHOLE WHEAT CEREALS.

SOUPS

SPLIT PEA, BEAN OR LENTIL SOUP. MEAT STOCK OR CHICKEN SOUP AND BOUILLON.

EGGS & CHEESE

CHEESE, EXCEPT COTTAGE CHEESE

MEATS, POULTRY, AND FISH

LIVER, KIDNEYS, TURKEY, DUCK, GOOSE AND ALL FISH.

VEGETABLES

ASPARAGUS, BROCCOLI, BRUSSELS SPROUTS CABBAGE, CELERY, CUCUMBER, GREEN BEANS, MUSHROOMS, ONIONS, SPINACH, DRIED BEANS AND PEAS.

BREADS

WHOLE WHEAT BREAD, HOT ROLLS, WAFFLES AND PANCAKES.

BEVERAGES

TEA, COCOA, CARBONATED BEVERAGES AND ALCOHOLIC DRINKS.

DESSERTS

CAKES, PIES, RICH PASTRIES AND DESSERTS.

MISCELLANEOUS

GRAVIES, JAMS CONDIMENTS, PEANUTS, PEANUT BUTTER, CHOCOLATE, THINGS MADE WITH YEAST