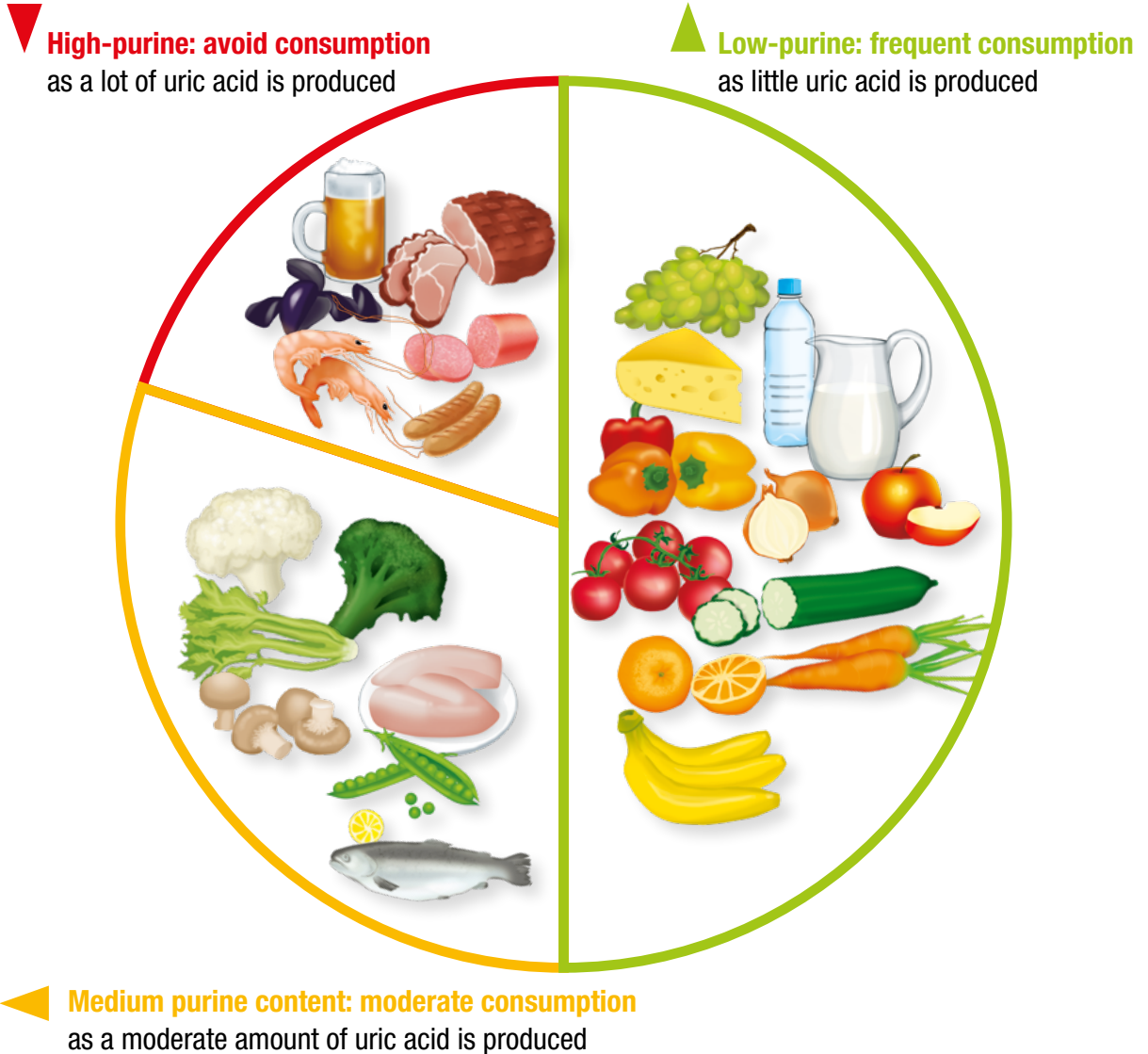


DIETARY RECOMMENDATIONS FOR PEOPLE WITH GOUT

How to reduce the uric acid level



DIETARY RECOMMENDATIONS FOR PEOPLE WITH GOUT

Clear and simple

- With the correct diet, you can reduce your uric acid level and therefore positively influence your gout.
- Aim to primarily cut out high-purine foods, as uric acid is also formed during the breakdown of these foods. Build your diet around low-purine foods.
- Low-fat dairy products, eggs, fruit and many types of vegetables are all low in purines. Dairy products can even lower the uric acid level. These foods also provide important vitamins.
- Try to eliminate the amount of high-purine foods in your diet such as meat, sausage and fish.
- You should also aim to largely give up alcohol.
- Foods with medium purine content such as peas or beans should be incorporated into your diet now and then.
- Also, please drink a lot of water! Drinking enough water helps to excrete the uric acid.
- Tip: Dieticians can provide you with practical tips if you are looking to change your diet.

