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**State of the Art Podiatric Care**

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### **Proper Gout Treatment**

With proper treatment, people who have gout do not usually progress to the chronic tophaceous phase of gout. What is the *proper treatment of gout*? Medications can be prescribed to help control gout and there are lifestyle recommendations.

People with gout are advised to:

- Avoid alcohol or drink alcohol in moderation
- Drink plenty of water and other fluids
- Maintain an ideal body weight
- Lose weight if overweight but avoid fasting or quick weight loss schemes
- Avoid eating foods high in purines

Dietary restrictions suggest what people should not eat, but *what should people eat*? What foods will help control gout attacks? The American Medical Association recommends the following guidelines for people with gout, advising them to eat a diet:

- High in complex carbohydrates (fiber-rich whole grains, fruits, and vegetables)
- Low in protein (15% of calories and sources should be soy, lean meats, or poultry)
- No more than 30% of calories in fat (with only 10% animal fats)

### **Recommended Foods to Eat**

Fresh cherries, strawberries, blueberries, and other red-blue berries

Bananas

Celery

Tomatoes

Vegetables including kale, cabbage, parsley, green-leafy vegetables

Foods high in bromelain (pineapple)

Foods high in vitamin C (red cabbage, red bell peppers, tangerines, mandarins, oranges, potatoes)

Drink fruit juices and purified water (8 glasses of water per day)

Low-fat dairy products

Complex carbohydrates (breads, cereals, pasta, rice, as well as aforementioned vegetables and fruits)

Chocolate, cocoa

Coffee, tea

Carbonated beverages

Essential fatty acids (tuna and salmon, flaxseed, nuts, seeds)

Tofu, although a legume and made from soybeans, may be a better choice than meat

Foods considered moderately high in purines but which may not raise the risk of gout include: asparagus, cauliflower, mushrooms, peas, spinach, whole grain breads and cereals, chicken, duck, ham, turkey and lima beans. It is important to remember that purines are found in all protein foods. All sources of purines should not be eliminated.

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