

Lost Temple Fitness

Gout	Best Foods	Worse Foods	Vitamins / Minerals	Supplements, Herbs, Spices or Foods containing	Avoid
<p>Form of arthritis caused by excess uric acid in the bloodstream. The symptoms of gout are due to the formation of uric acid crystals in the joints and the body's response to them. Gout most classically affects the joint in the base of the big toe.</p> <p>Low Purine Diet</p> <p>Purines (specific chemical compounds found in some foods) are broken down into uric acid. A diet rich in purines from certain sources can raise uric acid levels in the body, which sometimes leads to gout.</p>	<p>Beans and lentils</p> <p>Blueberries</p> <p>Breads and cereals that are not whole-grain</p> <p>Cherries</p> <p>Chocolate and cocoa</p> <p>Coffee</p> <p>Fruits and vegetables</p> <p>Legumes</p> <p>Low fat dairy</p> <p>Plant oils (olive, canola, sunflower)</p> <p>Quinoa</p> <p>Strawberries</p> <p>Sweet potatoes</p> <p>Tomatoes</p> <p>Water: 6-8 glasses day</p>	<p>High Purine:</p> <p>Anchovies, sardines, herring, mackerel, and scallops</p> <p>Beer</p> <p>Fava and garbanzo beans</p> <p>Game meats</p> <p>Gravy</p> <p>Meats, including bacon, beef, pork, and lamb</p> <p>Organ meats, such as liver, kidneys, sweetbreads, and brains</p> <p>Whole milk</p> <p>Moderate Purine:</p> <p>Apples, peaches, pears, plums, grapes, prunes, and dates</p> <p>Meats, such as beef, chicken, duck, pork and ham</p> <p>Shellfish, such as crab, lobster, oysters and shrimp</p>	<p>Vitamin C</p> <p>Magnesium</p>	<p>Acidophilus</p> <p>Birch</p> <p>Bromelain</p> <p>Cat's claw</p> <p>Turmeric</p> <p>Celery seed Cranberry</p> <p>Devil's claw</p> <p>Gravel root</p> <p>Methylsulfonylmethane (MSM)</p> <p>N-acetyl cysteine</p> <p>Nettle leaf</p> <p>Omega 3</p> <p>Parsley</p>	<p>Alcohol, esp. beer</p> <p>High fructose corn syrup</p> <p>Avoid taking <i>extra</i> niacin and vitamin A.</p>