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## GOUT DIET

### AVOID THE FOLLOWING FOODS AND BEVERAGES

EXCESS COFFEE

ALL WHOLE GRAIN & WHOLE WHEAT

ALL WHOLE GRAIN OATMEAL

AVOID EXCESSIVE USE OF HIGH FAT CONTENT

AVOID HIGH FAT CONTENT LIKE ICE CREAM

AVOID EXCESS FATS

AVOID ENTIRELY- LIVER, KIDNEY, SWEET BREADS, MEAT  
EXTRACT, BRAINS, GRAVIES, FRIED  
MEAT, SARDINES AND ANCHOVIES.

FRIED POTATOES, POTATO CHIPS AND YEAST

BOULLION, BROTH AND CONSOMME

CERTAIN VEGETABLES SHOULD BE EATEN SPARINGLY. USE  
ONLY ONE OF THE FOLLOWING 4 DAYS PER WEEK:

ASPARAGUS, CAULIFLOWER, LIMA BEANS,  
MUSHROOMS, NAVY BEANS, PEAS AND  
SPINLENTILS.

DISTILLED LIQUORS OR BEER MAY BE TAKEN MODERATION.