

PURINE CONTROL

GENERAL DESCRIPTION

Foods high in purines are specific kinds of meats and meat extracts.

INDICATIONS AND RATIONALE

Persons with disorders affecting purine metabolism, such as gout and urinary uric acid lithiasis (see page 119), may be advised to avoid excessive intake of any kind of meat, fish, or poultry, since all contain moderate amounts of purine, and to avoid specific foods that are very high in purines. Weight control is particularly important for persons with gout.

FOODS HIGH IN PURINES

Organ meats, such as liver, heart, tongue, kidneys, sweetbreads, brains
Anchovies, sardines
Meat extracts, gravy, broth, bouillon

PHYSICIANS: HOW TO ORDER DIETS

The diet order should indicate **purine control**. If indicated, a weight reduction diet should be ordered.

ACID-ASH AND ALKALINE-ASH DIETS

INDICATIONS AND RATIONALE

Description of foods as either "acid-ash" or "alkaline-ash" is based on the reaction of the ash remaining after combustion of foods under laboratory conditions. Acid-ash foods tend to promote a more acidic urine. Conversely, alkaline-ash foods tend to promote a more alkaline urine.

A strict dietary regimen is rarely necessary. Since diet is generally considered an auxiliary measure to acidifying or alkalinizing medications, simply avoiding excessive use of particular foods may be sufficient. For example, if medical treatment is directed at acidifying the urine, the diet should not contain large amounts of alkaline-ash foods; complete avoidance of all alkaline-ash foods, however, would probably not yield any further benefit and is unwarranted.

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LOW PURINE DIET RESTRICTIONS

Purines are normally found in the metabolic break-down of nucleoproteins. Uric acid is formed from this break-down as well as from the build-up of simpler compounds. The excess uric acid tends to accumulate in painful deposits. particularly...

FOODS HIGHEST IN PURINES (per 3½ oz portion)

Sweetbreads	825 mg
Anchovies, Sardines	300 mg
Liver	235 mg
Kidney	200 mg
Meat Extracts	160-400 mg
Gravies	Variable but usually high

FOODS HIGH IN PURINES (per 3½ oz. portions)

Range 50-150 mg

Meat
Poultry
Fish, fresh and saltwater
Lobster, crabs, oysters
Meat soups and broth
Beans, dried
Peas, dried
Lentils, dried
Spinach
Oatmeal
Wheat germ

FOODS LOWEST IN PURINES (per 3½ oz portion)

Range 0-15 mg

Fruits of all varieties
Vegetables, except for those listed above
Most breads, cereal and cereal products
Milk
Cheeses
Eggs
Nuts of all varieties
Fats of all types
Sugars, Syrups and sweets
Gelatin
Mild and fruit desserts
Vegetable stock or creamed soups

Fasting or excessive intakes of alcohol will increase the uric acid levels and should be avoided. Elevated ketones and triglycerides interfere with the urinary excretion of uric acid