



The Kroll Medical Group

LOW PURINE DIET
AVOID THE FOLLOWING

Category	Foods To Avoid	Notes
Meats & Eggs	Beef Brain Beef Kidney Beef Liver Beef Heart Chicken Heart Chicken Liver Lamb heart Lamb liver Pork liver	Organ meats are extremely high in purine content and should be avoided and completely removed from your diet.
Sea Food	Anchovies Clams Lobster Mackerel Sardines Scallop Shrimp Squid	Shellfish are typically high in purine content and should be avoided.
Dried Legumes	Blackeye peas Lentils Great northern bean	Cooking dried legumes has been shown to significantly increase the level of free and total purine content

	<p>Small white bean</p> <p>Split peas</p> <p>Pinto bean</p> <p>Red bean</p> <p>Large lima bean</p> <p>Baby lima bean</p> <p>Cranberry bean</p> <p>Garbanza bean</p>	and should be avoided.
Yeasts	<p>Baker's Yeast</p> <p>Brewer's Yeast</p>	Yeast is extremely high in purines and can contribute to overproduction of uric acid.
Beverages	<p>Beers Guinness</p> <p>Lager beer</p> <p>Home-brewed beer</p> <p>Wine</p> <p>Cider</p> <p>High Sugar Drinks</p>	Beer and alcoholic beverages are not only high in purines, but also affect kidney function leading to the both the overproduction and under excretion of uric acid. Additionally, alcohol can leave you dehydrated, making it hard to excrete uric acid.
Sweeteners	<p>High Fructose Corn Syrup</p> <p>Corn Syrup</p>	Foods that are full of corn syrup or high fructose corn syrup can lead to a compromised immune system and contribute to excessive weight gain.

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