

DIET PLAN FOR GOUT

Avoid Purine rich diet like

- **Sea foods**
- **Red meat**
- **Alcohol**
- **Sweetened beverages**
- **vegetables like cabbage, cauliflower, peas, mushrooms**

Recommended diet

- **Plenty of oral fluids**
- **Maintain ideal body weight**
- **To have fiber rich diet like fruits, low purine vegetables & whole grains**
- **Low protein diet**