

Table1. Amount of Purines in Cereals, Beans, Soybean Products, and Dried Seaweeds

(mg/100g)

Foodstuffs	Part	Adenine	Guanine	Hypoxanthine	Xanthine	Total	Calculated as uric acid	Classified group
Cereals								
Barley		21.6	22.7	0	0	44.3	52.1	1
Buckwheat flour (메밀)		35.1	40.8	0	0	75.9	89.1	2
Flour (bread flour)		12.2	13.6	0	0	25.8	30.3	1
Flour (cake flour)		8.1	7.6	0	0	15.7	18.5	1
Flour (pastry flour)		12.2	13.6	0	0	25.8	30.3	1
Rice (polished)		10.8	15.1	0	0	25.9	30.3	1
Rice (unpolished)		16.2	21.2	0	0	37.4	43.7	1
Rice (with the bud)		14.9	19.6	0	0	34.5	40.3	1
Beans								
Almond		13.6	13.8	2.3	1.7	31.4	37	1
Azuki bean (dried) (팥)		33.8	43.8	0	0	77.6	90.8	2*
Broad bean		14.1	19.9	1.3	0.2	35.5	41.5	1
Green-peas (canned)		6.8	12.1	0	ND	18.8	21.9	1
Peanut		18.9	28.6	0	1.6	49.1	57.1	1
Soybean products								
Bean curd lees (Okara)		15	24	4.5	5	48.6	56.6	1
Deep-fried tofu (튀긴 두부)		20.3	32.4	0.5	1.2	54.4	63.2	2
Fermented soybean (Natto) (낙또)		40.5	51.4	6.8	15.2	113.9	132.8	3
Freeze-dried tofu (건조냉동 두부)		120.4	168.3	0.6	3.7	293.1	342	4*
Green soybean		20.8	27.2	0	0	47.9	56.1	1
Soy milk		7.7	11.7	2.5	0	22	25.8	1
Soybean (dried) (대두)		74.3	98.2	0	0	172.5	201.7	3*
Tofu (Kinu)		7.6	11.2	0.5	0.7	20	23.3	1
Tofu (Momen, chilled)		14	16.7	0.4	0	31.1	36.5	1
Tofu (Momen, 3min boiled)		13.1	8.8	0	0	21.9	26	1
Dried seaweeds								
Cladosiphon okamuranus (Mozuku)		5.6	9.4	0.5	0	15.4	18	1
Hijiki (돛)		31.1	76.5	25.1	0	132.8	154.9	3*
Kombu (다시마)		18	21.8	4.7	1.9	46.4	54.5	1
Nori (김)		216	299.2	73.3	3.2	591.7	695.6	5*
Wakame (미역)		67.7	148.1	46.6	0	262.4	306.5	4*

Table2.Amount of Purines in Eggs, Dairy Products, Mushrooms, and Fruits

(mg/100g)

Foodstuffs	Part	Adenine	Guanine	Hypoxanthine	Xanthine	Total	Calculated as uric acid	Classified group
Eggs								
Chicken egg		0	ND	0	0	0	0	1
Quail egg		0	ND	0	ND	0	0	1
Dairy products								
Cheese		2.7	3	0	0	5.7	6.7	1
Grated cheese		8.2	4.2	ND	0.6	12.9	15.4	1
Milk		0	0	0	0	0	0	1
Yogurt		1.4	2.1	1.5	0.2	5.2	6.2	1
Mushrooms								
Bunapii		12.2	12.3	3.2	3	30.8	36.2	1
Bunashimeji		9.4	8	1.1	2.3	20.8	24.6	1
Enokidake		29.7	19.6	0	0	49.4	58.8	1
Eringi		5	5.3	0.7	2.4	13.4	15.7	1
Hatakeslimeji		9.1	5.7	0.7	0.5	16	19.1	1
Hiratake (느타리)		74.3	68	0	0	142.3	168.1	3
Jew's-ear (dried) (목이)		54.8	93	7.9	0	155.7	181.4	3*
Maitake (앞새)		47.4	38.9	7.9	4.4	98.5	116.7	2
Nameko		14.9	13.6	ND	0	28.5	33.6	1
Nameko (big type)		3.8	2.9	1.4	1.3	9.5	11.2	1
Shiitake (dried) (표고)		202.7	167.7	0	9.1	379.5	448.8	5*
Shiitake (for Broth, dried)		132.5	97.8	11.5	0.5	242.3	288.4	4*
Shiitake (raw)		8.3	10	1.6	0.9	20.8	24.4	1
Shiitake No. 115 (raw)		5.5	7.6	0.5	2.1	15.6	18.2	1
Shiitake No. 240 (raw)		10.6	11	4.5	0	26.1	31	1
Shiitake No. 697 (raw)		9.9	12.5	6.1	1	29.5	34.9	1
Tsukuritake		28.4	21.2	0	0	49.5	58.8	1
Usu-hiratake		16.8	15.7	1.9	3.5	37.9	44.6	1
White aragekikurage		2.3	4.1	0.4	0.1	6.9	8	1
White hiratake (흰 느타리)		27	32.8	2.6	4.3	66.7	78.1	2
Yamabushitake		12.1	20.7	0.7	0	33.5	38.9	1
Yanagimatsutake		6.1	11.9	4.9	3.3	26.2	30.5	1
Fruits								
Banana		1.2	1.7	0.1	0	3	3.5	1
Strawberry		0.5	1.2	0.5	0	2.1	2.4	1

Table 3. Amount of Purines in Vegetables

(mg/100g)

Foodstuffs	Part	Adenine	Guanine	Hypoxanthine	Xanthine	Total	Calculated as uric acid	Classified group
Asparagus (아스파라거스)	Upper part	20.7	30.5	3.8	0.3	55.3	64.7	2
Asparagus	Lower part	3.6	4.8	1.7	0.1	10.2	12	1
Avocado		10.6	7.5	0.3	0	18.4	21.8	1
Balsam pear (goya)		3.5	4.3	1.1	1	9.9	11.6	1
Bamboo shoot (죽순)	Upper part	24.8	35.2	2.8	0.6	63.3	74	2
Bamboo shoot	Lower part	12.8	17	0.7	0.4	30.8	36.1	1
Bean sprouts		14.1	14.2	3.2	3.5	35	41.2	1
Broccoli (브로콜리)		25.1	33.9	5.7	5.3	70	81.8	2
Broccoli sprout (브로콜리싹)		59.5	57.2	8.1	4.8	129.6	153	3
Cabbage		1.3	1.7	0.2	0	3.2	3.8	1
Carrot		0.7	1.4	0	0	2.2	2.5	1
Cauliflower (콜리플라워)		27	30.2	ND	0	57.2	67.2	2
Cherry tomato		1.6	1.5	0	0	3.1	3.7	1
Chinese cabbage		2.6	2.9	1.2	0.3	7	8.2	1
Corn		4.7	6.9	0.1	0.1	11.7	13.7	1
Cucumber		4.2	5	0.1	0.1	9.4	11.1	1
Eggplant (가지)		11	31.6	6.6	1.6	50.7	58.7	2
Garlic		6	6.9	3.4	0.7	17	20.1	1
Garlic chives (nira)		9.4	8.5	1.4	0.1	19.4	23	1
Ginger		0.4	1.4	0	0.5	2.3	2.5	1
Green pepper (단고추)		15.9	35.5	7	10.7	69.2	79.8	2
Gumbo (okura)		17.2	21.3	0.3	0.7	39.5	46.3	1
Japanese ginger (myoga)		3.1	3.5	0.7	0.4	7.8	9.2	1
Japanese leek (negi)		12	26.8	2.6	0	41.4	48	1
Japanese pumpkin (단호박)		23.2	29.1	1.9	2.5	56.6	66.3	2
Komatsuna	Leaf	4.2	6.3	0	0	10.6	12.3	1
Komatsuna	Young leaf	13	24.7	0	1.4	39	45.1	1
Onion		1	1.1	0.1	0	2.3	2.7	1
Parsley (파슬리)		121.5	135.1	32.3	0	288.9	341.3	4
Perilla leaves (shiso)		19.1	19.1	3.1	0.2	41.4	49	1
Potato		2.1	4.2	0.2	0	6.5	7.5	1
Spinach (시금치)	Leaf	29.8	13.8	0	7.7	51.4	61	2
Spinach (시금치 새싹)	Young leaf	83.5	88.3	0	0	171.8	202.1	3
Sprouts (with bean) (콩싹)		28.1	28.2	0	1.1	57.3	67.4	2
Sweet potato		6.7	7.3	2.4	0.6	17	20.1	1
White radish sprouts (무순)		33.9	29.4	6.4	3.5	73.2	86.6	2
Zucchini		5	6.3	1	0.8	13.1	15.3	1

Table 4. Amount of Purines in Animal Meat and Processed Meat

(mg/100g)

Foodstuffs	Part	Adenine	Guanine	Hypoxanthine	Xanthine	Total	Calculated as uric acid	Classified group
Meat								
Beef	Brisket (양지머리)	13.5	7.6	49	9.1	79.2	95.8	2
	Clod	18.9	9.1	65.3	10.6	104	126.1	3
	Heart	45.9	27.2	96.6	15.2	185	223.6	3
	Kidney	67.6	63.5	8.2	35	174.2	203.4	3
	Large intestine (대창)	27.1	38.6	15.2	7.3	88	103.3	2
	Liver	86.5	83.1	ND	50.2	219.8	255.5	4
	Neck	18.9	13.6	54.4	13.7	100.6	121	3
	Ribloin (목등심)	13.5	7.6	39.5	13.7	74.2	89.1	2
	Shin (사태)	17.6	13.6	58.5	16.7	106.4	127.8	3
	Shoulder ribs (갈비)	14.9	9.1	36.7	16.7	77.4	92.5	2
	Shoulder sirloin (등심)	16.2	9.1	55.8	9.1	90.2	109.3	2
	Stomach	28.4	21.2	17.7	16.7	83.9	99.2	2
	Tenderloin (안심)	16.2	9.1	64	9.1	98.4	119.4	2
	Tongue (혀)	24.3	12.1	44.9	9.1	90.4	109.3	2
	Topside	18.9	10.6	72.1	9.1	110.8	134.5	3
	Topside (raw)	20.3	15.1	77.3	22.5	135.2	162.4	3
	Topside (heated)	27.1	15.8	87.2	13.3	143.5	173.8	3
Chicken	Breast	20.5	21.4	98.4	1	141.2	171.8	3
	Buttocks (닭 엉덩이살)	17	21.9	23.2	6.7	68.8	81.6	2
	Gizzard	45.9	51.4	39.5	6.1	142.9	169.8	3
	Heart	31.3	36.1	52.6	5.4	125.4	150	3
	Leg	27	19.6	76.2	0	122.9	149.6	3
	Liver	121.6	151.1	ND	39.5	312.2	363.1	5
	Skin	48.6	43.8	27.2	ND	119.7	142.9	3
	White meat	27	16.6	110.2	0	153.9	188.3	3
	Wing	28.4	16.6	92.5	0	137.5	168.1	3
Horse		10	10	77.8	15.2	113.1	136.5	3
Mutton	Mutton (양고기)	17.6	10.6	68.1	ND	96.2	117.7	2
	Rump	17.6	10.6	65.3	ND	93.5	114.3	2
Pork	Heart	39.2	24.2	55.8	0	119.2	144.6	3
	Kidney	64.8	77.1	53.1	0	195	232	3
	Liver	81.1	102.7	34	66.9	284.8	331.2	4
	Neck (목)	14.9	12.1	43.6	0	70.5	85.7	2
	Ribs (갈비)	13.5	10.6	51.7	0	75.8	92.5	2
	Rump	20.3	15.1	77.6	0	113	137.8	3
	Shoulder (목심)	16.2	12.1	53.1	0	81.4	99.2	2
	Shoulder ribs (등갈비)	16.2	10.6	64	0	90.8	110.9	2
	Shoulder sirloin (목등심)	18.9	13.6	62.6	0	95.1	116	2
	Shoulder knee	21.6	16.6	69.4	0	107.6	131.1	3
	Sirloin (등심)	17.6	12.1	61.2	0	90.9	110.9	2
	Tenderloin	23	15.1	81.7	0	119.7	146.2	3
	Tongue	24.3	21.2	58.5	0	104	126.1	3
Whale	Meat	18.9	12.1	80.3	ND	111.3	136.2	3
	Tail meat		6	68.1	ND	87.6	107.6	2
Processed meat								
	Bacon	12.2	6	43.6	ND	61.8	75.6	2
	Boneless ham	10.8	7.6	55.8	0	74.2	90.8	2
	Corned beef	8.1	6	31.3	1.5	47	57.2	1
	Frankfurt sausage	8.1	7.6	32.7	1.5	49.8	60.5	1
	Liver paste	25.7	30.2	15	9.1	80	94.1	2
	Pressed ham	8.1	4.5	51.7	0	64.4	79	2
	Prosciutto (Parma ham)	23.4	22.8	92.1	0	138.3	168.2	3
	Salami	16.2	13.6	83	7.6	120.4	146.2	3
	Vienna sausage	6.8	6	32.7	ND	45.5	55.5	1

Table 5. Amount of Purines in Fresh Fish

(mg/100g)

Foodstuffs	Part	Adenine	Guanine	Hypoxanthine	Xanthine	Total	Calculated as uric acid	Classified group
Arabesque greenling		18.9	34	94.7	2.4	150	181	3
Ayu		17.6	25.7	89.8	0	133.1	161.4	3
Barracuda		13.5	24.2	110.2	ND	147.9	179.9	3
Bastard halibut		17.6	15.1	100.7	0	133.4	163.1	3
Bonito		21.6	19.6	170.1	0	211.4	258.9	4
Carp		16.2	12.1	74.9	ND	103.2	126.1	3
Chub mackerel		13.5	10.6	98	0	122.1	149.6	3
Fat greenling		20.3	13.6	95.3	ND	129.1	158	3
Flying fish		13.5	22.7	118.4	0	154.6	188.3	3
Gnomefish	Meat	14.6	15.3	120.1	0.8	150.8	184.4	3
Gnomefish (게르치 껍질)	Skin	9.6	296.7	73.5	2.5	382.3	435.5	5
Herring		13.5	22.7	103.4	ND	139.6	169.8	3
Jack mackerel		17.6	48.4	99.4	0	165.3	198.4	3
Japanese amberjack		18.9	12.1	89.8	0	120.8	147.9	3
Japanese eel (뱀장어)		13.5	24.2	54.4	ND	92.1	110.9	2
Japanese seabass		13.5	12.1	93.9	0	119.5	146.2	3
Mebaru		13.5	18.1	92.5	0	124.2	151.3	3
Monkfish (아귀)	Meat	17.5	19.5	32.6	0.5	70	84.2	2
Monkfish	Liver (raw)	38.2	55.6	6	4.4	104.3	121.8	3
Monkfish (아귀 찜간)	Liver (steamed)	158.2	211.4	26.6	3.1	399.2	468.2	5
Pacific saury		14.9	52.9	87.1	0	154.9	184.9	3
Rainbow trout		25.7	55.9	99.4	ND	180.9	216.8	3
Red seabream		13.5	10.6	104.8	0	128.9	158	3
Sablefish	Meat	27.4	11.9	83.9	0.2	123.3	151.1	3
Sablefish (은대구 껍질)	Skin	12.1	14	39.2	1.6	66.9	80.8	2
Sailfin sandfish (도루묵)		16.2	30.2	49	3	98.5	117.7	2
Salmon		17.6	10.6	91.2	0	119.3	146.2	3
Sardine		17.6	105.8	87.1	ND	210.4	247.1	4
Sillaginidae		13.5	10.6	119.8	ND	143.9	176.5	3
Spanish mackerel		12.2	6	121.1	ND	139.3	171.5	3
Striped pigfish		13.5	10.6	125.2	ND	149.3	183.2	3
Tilefish		9.5	10.6	99.4	0	119.4	146.2	3
Tuna		17.6	10.6	129.3	0	157.4	193.3	3
Wakasagi smelt (빙어)		13.5	24.2	57.2	0	94.8	114.3	2
Weather loach		28.4	49.9	51.7	6.1	136	161.4	3
Yellow striped flounder		14.9	28.7	69.4	0	113	136.2	3

Table 6. Amount of Purines in Fish Roe, Fish Milt, Shellfish, and Mollusks

(mg/100g)

Foodstuffs	Part	Adenine	Guanine	Hypoxanthine	Xanthine	Total	Calculated as uric acid	Classified group
Fish roe, Fish milt (어란)								
Caviar		7.5	46.1	39.4	1.7	94.7	111.1	2
Flying fish roe (in soy sauce, Tobiko)		21.3	47.7	20.4	2.2	91.5	107.1	2
Flying fish roe (Tobiko)		9.9	14.5	41.4	2.1	67.8	81.8	2
Herring roe (Kazunoko)		6.8	15.1	0	0	21.9	25.2	1
Salmon roe (Ikura) (연어알)		0	0	2.5	1.1	3.7	4.4	1
Pollock roe (marinated, Mentaiko)		32.9	81	36.9	8.6	159.3	186	3
Pollock roe (Tarako)		35.1	66.5	19.1	ND	120.7	141.2	3
Salmon roe (Sujiko) (연어알)		4.1	7.6	4.1	ND	15.7	18.5	1
Milt (Striped pigfish)		67	211.5	19.4	7.7	305.5	351.1	5
Shellfish, Mollusk (조개류, 갑각류, 연체동물류)								
Botan shrimp (모란새우)		8.3	16.4	28.7	0	53.4	64	2
Botan shrimp (roe)		75	53	34.5	0	162.5	194.9	3
Clam		63.5	39.3	12.2	30.4	145.5	171.5	3
Common orient clam		45.9	24.2	5.4	28.9	104.5	122.7	3
Crab	Ovary	42.5	105.8	3.9	0	152.2	175.4	3
Firefly squid		51.4	57.6	15.6	3.4	128.1	151.2	3
Japanese flying squid		47.3	21.2	80.3	38	186.8	223.6	3
Japanese scallop (일본 가리비)		63.6	6.6	5.3	1	76.5	94.2	2
Kuruma shrimp		58.1	15.1	87.1	35	195.3	235.3	3
Octopus		21.6	18.1	36.7	60.8	137.3	159.7	3
Octopus (문어 내장)	Organs	29.1	42	4.8	4	79.8	93.1	2
Okiami (Krill)		108.1	74	17.7	25.9	225.7	267.3	4
Oriental shrimp		40.5	12.1	103.4	117.1	273.2	321.1	4
Oyster		55.4	34.8	12.2	82.1	184.5	213.5	3
Red king crab (붉은 대게)		56.7	19.6	9.5	13.7	99.6	119.4	2
Sakura shrimp (dried)		83.9	124	512.2	29	749.1	907	5+
Sea cucumber (해삼)		3.2	2.1	0.2	0	5.5	6.6	1
Sea Urchin		40	65.7	22.5	9.1	137.3	160.7	3
Shiba shrimp		43.2	16.6	84.4	ND	144.2	176.5	3
Shredded squid (dried)(말린 오징어)		24.9	20.6	47.9	1	94.4	114.2	2+
Snow crab		75.7	13.6	0	47.2	136.4	161.4	3
Spear squid		58.1	15.1	34	53.2	160.5	190	3
Spiny lobster		31.1	9.8	61.2	0.1	102.1	125.2	3
Squid (오징어 내장)	Organs	0	17.1	22.1	20.4	59.6	68.8	2

Table 7. Amount of Purines in Dried Fish, Canned Fish, Processed Fish, and Snacks

(mg/100g)

Foodstuffs	Part	Adenine	Guanine	Hypoxanthine	Xanthine	Total	Calculated as uric acid	Classified group
Half-dried fish (반건조 생선)								
Jack mackerel (고등어)		14.9	119.4	111.6	ND	245.8	289.1	4
Pacific saury (꽁치)		12.2	102.7	93.9	ND	208.8	245.4	4
Sardine (정어리)		20.3	157.1	125.2	3	305.7	358.1	5
Shishamo with roe (시사모)		12.1	60.4	74.5	2.6	149.6	177.1	3
Dried fish (말린 생선)								
Anchovy (dried) (말린 멸치)		258.3	464.6	381.8	4	1108.6	1314.2	5*
Katsuobushi (dried bonito) (가다랑어포)		51.3	78.6	363.4	0	493.3	600.1	5*
Niboshi (dried baby sardines) (새끼 정어리)		133.7	355.1	257.2	0	746.1	879.2	5*
Whitebait (dried) (말린 뱀어)		159	235.4	69.6	7.5	471.5	554	5*
Canned fish (통조림)								
Salmon (연어)		24.3	37.8	70.8	0	132.9	159.7	3
Tuna (참치)		14.9	13.6	88.5	0	116.9	142.9	3
Processed fish (어묵류)								
Fish ball		12.2	24.2	31.3	0	67.6	80.7	2
Fish sausage		6.8	9.1	6.8	0	22.6	26.9	1
Fishcake tube (Chikuwa)		14.9	15.1	17.7	0	47.7	57.2	1
Fish product (Hanpen)		1.6	3.3	7.4	0.2	12.5	15	1
Fish product (Kamaboko)		9.5	6	10.9	0	26.4	31.9	1
Fish product (Narutomaki)		8.1	12.1	12.2	0	32.4	38.7	1
Fish product (Sasakamaboko)		14.9	16.6	16.3	0	47.8	57.2	1
Fish product (Satsuma age)		6.8	10.6	4.1	0	21.4	25.2	1
Snacks								
Deep-fried rice cracker		0	4.3	4.2	5.7	14.1	16.2	1
Ramen (Japanese noodle)	Soup	4.7	9.9	16.5	1.5	32.7	39	1
Ramen (Japanese noodle)	Noodle	7.5	6.8	0	7.3	21.6	25	1

Table 8. Amount of Purines in Seasonings and Supplements

(mg/100g)

Foodstuffs	Part	Adenine	Guanine	Hypoxanthine	Xanthine	Total	Calculated as uric acid	Classified group
Seasonings								
Barbecue sauce		0.1	0	14.6	0.2	14.9	18.4	1
Frying powder		10.6	21.8	31.9	4.4	68.7	81.8	2
Honey		0.7	0.1	0	0	0.9	1.1	1
Mirin		0	0.2	0.5	0.5	1.2	1.4	1
Miso	Red miso	3.6	18	36.5	5.4	63.5	75.6	2
Miso	White miso	0	16.4	29.3	3	48.8	57.8	1
Nampla		0	0.8	82	10.3	93.1	113.6	2
Oyster sauce		12.9	23.1	87.1	11.3	134.4	161.8	3
Powder soup	Consomme	18.3	82.9	72.8	5.8	179.8	211.3	3*
Powder soup	Potage	8.1	6.6	21.1	1.8	37.6	45.5	1*
Powder soup	Clam chowder	5.6	12.5	28.4	0.6	47.1	56.6	1*
Powder soup	Chinese soup	15.4	17.3	141.1	12.2	185.9	226.1	3*
Powder soup	Matsutake	5.7	112.8	113.7	1.2	233.4	274.4	4*
Powdered Umami broth		6.8	19.5	657	1.5	684.8	843.3	5*
Rice bran		36.1	57.2	6	0.9	100.2	116.9	3
Soy sauce	Dark color	0	2.5	33.7	9	45.2	54.3	1
Soy sauce	Light color	0.7	5	28.5	21	55.3	64.9	2
Supplement								
Beer yeast		1646	1203.9	100.1	45.7	2995.7	3561.5	5
Beer yeast product		601.4	539	44.4	21.4	1206.2	1426.4	5
Chitin, Chitosan		0.3	0.3	0	0	0.6	0.7	1
Chlorella		1528	1612	42.7	0	3182.7	3747.3	5
Chondroitin and Beer yeast		54.5	60.2	65	6.3	186.1	222.1	3
DNA/RNA		12706.9	8247.7	452.1	86.9	21493.6	25640.8	5
Glucosamine		7.9	1.3	2.6	0	11.8	14.4	1
Nucleic acid juice		2.8	4.3	0.1	1.1	8.3	9.6	1
Polysaccharide		6.7	15.1	26.8	9.5	58.1	68.7	2
Royal jelly		322.2	50.9	25.1	5.3	403.4	494.3	5
Scales and collagen		0.4	1.2	1.3	0	2.9	3.4	1
Soy isoflavone		1.9	4.9	0	0	6.9	7.9	1
Spirulina		515.8	536.2	20.9	3.9	1076.8	1268.5	5
Vegetable drink powder from Kale		12.9	27.3	0	0	40.2	46.4	1
Vegetable drink powder from Barley		30.7	57.1	0	0.7	88.5	102.5	2