

Some of the foods that are low in purine and good for people with gout are:

- Citrus fruits like lemon, lime and oranges. They contain citric acid and vitamin C, which help dissolve uric acid crystals
- Blueberries, apples and cherries. They have anti-inflammatory properties and antioxidants that can reduce uric acid production.
- Vegetable juices or smoothies. They are alkaline and can help neutralize the acidic environment in the body.
- Pinto beans, lentils, tomatoes and green leafy vegetables. They are rich in protein and fiber, and low in purine
- Whole grains, seeds, nuts, white bread, crackers, white rice, cheese, cereals and cereal products. They are good sources of complex carbohydrates and can provide energy without increasing uric acid levels
- Low-fat dairy products like milk, yogurt and cheese. They can help lower the risk of gout by reducing the amount of uric acid in the blood

Some of the Filipino dishes that a patient can try with these foods are:

- Sinigang na hipon (shrimp in sour soup). This dish is made with shrimp, tamarind, tomatoes, onions, radish, kangkong (water spinach) and other vegetables. It is a tangy and refreshing soup that can help flush out uric acid from the body
- Ginisang monggo (mung bean stew). This dish is made with mung beans, pork, garlic, onion, tomatoes, malunggay (moringa) leaves and other seasonings. It is a hearty and nutritious stew that can provide protein and fiber without too much purine
- Ensaladang talong (eggplant salad). This dish is made with grilled eggplant, tomatoes, onions, vinegar, salt and pepper. It is a simple and delicious salad that can complement any meal and help lower uric acid levels
- Buko pandan (coconut and pandan dessert). This dish is made with young coconut, pandan leaves, gelatin, cream, condensed milk and sugar. It is a sweet and creamy dessert that can satisfy your cravings and provide vitamin C and antioxidants

Some of the Filipino foods that a patient should avoid if you have high uric acid levels are:

- Seafood, especially shellfish like shrimp, lobster, mussels, anchovies, and sardines
- Organ meats, such as liver, kidneys, and other innards or laman loob
- Red meat, lamb, pork, and fatty meats
- Beer and grain liquors
- Dairy products, such as cheese, butter, and cream
- Sugary foods and beverages, such as cakes, candies, sodas, and juices

Some of the Filipino dishes that contain these foods are:

- Sisig, a dish made with chopped pig's head and liver, seasoned with calamansi, onion, chili, and mayonnaise
- Bicol express, a dish made with pork, coconut milk, shrimp paste, and chili peppers
- Kare-kare, a stew made with oxtail, tripe, peanut sauce, and vegetables
- Lechon, a roasted whole pig with crispy skin and tender meat
- Sinigang na baboy, a sour soup made with pork, tamarind, and vegetables
- Adobong pusit, a dish made with squid, soy sauce, vinegar, garlic, and onion