If you have gout, certain foods may trigger an attack by raising your uric acid levels.

Trigger foods are commonly high in purines, a substance found naturally in foods. When you digest purines, your body makes uric acid as a waste product

This is not a concern for healthy people, as they efficiently remove excess uric acid from the body.

However, people with gout can't efficiently remove excess uric acid. Thus, a high-purine diet may let uric acid accumulate and cause a gout attack

Here are a few major high-purine foods, moderately-high-purine foods and high-fructose foods to avoid

* **All organ meats:** These include liver, kidneys, sweetbreads and brain
* **Game meats:** Examples include pheasant, veal and venison
* **Fish:** Herring, trout, mackerel, tuna, sardines, anchovies, haddock and more
* **Other seafood:** Scallops, crab, shrimp and roe
* **Sugary beverages:** Especially fruit juices and sugary sodas
* **Added sugars:** Honey, agave nectar and high-fructose corn syrup
* **Yeasts:** Nutritional yeast, brewer's yeast and other yeast supplements

Additionally, [refined carbs](https://www.healthline.com/nutrition/why-refined-carbs-are-bad) like white bread, cakes and cookies should be avoided. Although they are not high in purines or fructose, they are low in nutrients and may raise your uric acid levels

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## What Foods Should You Eat?

Although a gout-friendly diet eliminates many foods, there are still plenty of low-purine foods you can enjoy.

Here are some low-purine foods that are generally safe for people with gout

**Fruits:** All fruits are generally fine for gout. Cherries may even help prevent attacks by lowering uric acid levels and reducing inflammation.

* **Vegetables:** All vegetables are fine, including potatoes, peas, mushrooms, eggplants and dark green leafy vegetables.
* **Legumes:** All legumes are fine, including lentils, beans, soybeans and tofu.
* **Nuts:** All nuts and seeds.
* **Whole grains:** These include oats, brown rice and barley.
* **Dairy products:** All dairy is safe, but low-fat dairy appears to be especially beneficial
* **Eggs**
* **Beverages:** [Coffee](https://amzn.to/2IMsXOS), tea and [green tea](https://amzn.to/2ZCVBa9).
* **Herbs and spices:** All herbs and spices.
* **Plant-based oils:** Including [canola](https://amzn.to/2DC6Eaj), [coconut](https://amzn.to/2UMvQko), [olive](https://amzn.to/2DAMrBT) and [flax oils](https://amzn.to/2DE54F4).

### Foods You Can Eat in Moderation

Aside from organ meats, game meats and certain fish, most meats can be consumed in moderation. You should limit yourself to 115–170 grams of these a few times per week

* **Meats:** These include chicken, beef, pork and lamb.
* **Other fish:** Fresh or canned salmon generally contains lower levels of purines than most other fish.