

What Is Uric Acid?

Uric acid is a waste product from the break down of purine, a substance that is made within our body and found in many of the foods we eat.

Watch Out For High Purine Foods

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Certain foods trigger high levels of uric acid in your body. Cut down on purine-rich foods such as

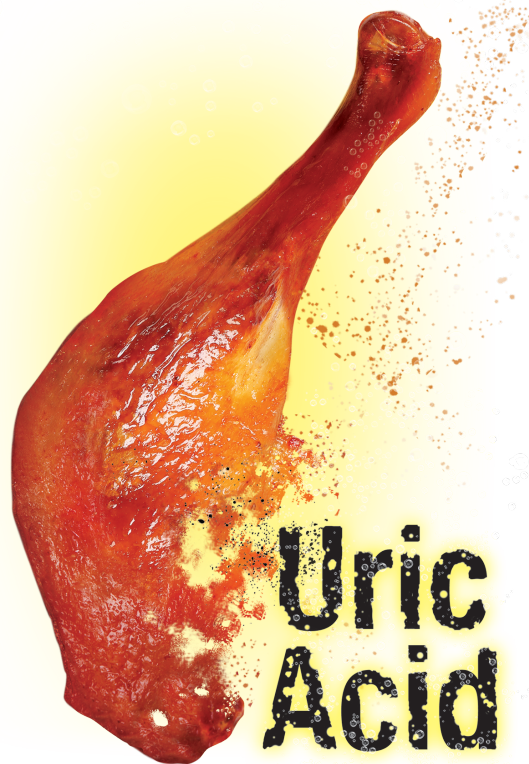
- organ meat
- goose
- duck
- anchovies
- mackerel
- scallops
- mussels

Also moderate purine-rich vegetable such as

- asparagus
- cauliflower
- spinach
- mushroom
- green peas

Another agitator is the over-consumption of sugarsweetened drinks or alcohol, especially beer.

Indulging too much in these foods will cause urine to become acidic and lead to high uric acid in the blood – hyperuricemia. Eventually, the uric acid will crystallize in joints and tissues, triggering off a gout attack if the uric acid is not reduced.



Dietary Intake of Purine

NORMAL DAILY DIET

600 - 1000mg of purine¹

FOR PATIENTS WHO SUFFER FROM HIGH URIC ACID LEVEL LOW-PURINE DAILY DIET

Restricted to 100 - 150mg of purine¹

Reference:

1. The Kidney Stone Treatment and Prevention Centers. Low Purine diet. Litholink Corporation. 2003 Pg 1-2.