

North Rockland Podiatry

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GOUT:

It is seriously important for people with gout to bear in mind the types of food items that are harmful and beneficial to their gout conditions. Since you now have a better knowledge of the food types that should be consumed.

Food Items To Avoid:

Mushrooms	Offal foods (heart, kidney, liver, tripet, tongue)	Game Meats
Red Meat	Fish Roe	Mussels
Sardines	Anchovies	Herring
Mackerel	Scallops and Shrimp	Sweetbreads
Peas	Spinach	Lentils
Beans	Asparagus	Alcohol
Gravy	Yeast	

Food Items To Eat:

Rice	Cherries	Strawberries	Raw Fruits
Cheese	White Bread	Seeds	Nuts
Cereals	Vegetables		

Even though choosing the correct food to consume is important for people with gout, drinking plenty of water is also essential. Drinking lots of water will help the body to remove the excessive uric acid in the body through the urinal system. Exercising regularly will also help gout patients improve their overall gout conditions.
