

## Foods to avoid to prevent Gout

**W**atching your diet is a crucial part in reducing your **uric acid** and preventing **gout**. Knowing which foods to avoid can sometimes be more important than knowing how to reduce **uric** your acid - as the old adage says, prevention is better than cure. Learning which foods to avoid with gout can help you considerably in the long run.

- High **purine** content in the diet will significantly increase gout sufferer's chances of having a painful gout strike.
- Uric acid comes from the breakdown of purines from the food that we eat.
- If you have gout, you should know the purine content of the food you usually eat.
- Knowing which foods to avoid with gout can significantly help prevent **gout attacks**.
- You should prevent foods with high purine content to prevent gout episodes.
- There are a lot of sources on the internet you can check to see the purine content of common foods.
- Generally you ought to avoid eating liver, small and large intestines, spleen, heart, kidneys and other animal organ meats.
- Seafood you need to avoid are sardines, mackerel, sardines, clams and mussels.
- Red meats should be consumed somewhat.
- Fatty foods and deep fried foods should generally be avoided.



GoutUric AcidUricGout AttacksUric Acid LevelUric Acid

You also needs to refrain from drinking alcohol, because it not only boosts your uric acid but is also a diuretic, meaning it dehydrates a person - making it harder for you in order to expel excess uric acid. You should also moderate the consumption of coffee and sodas and sweets, especially chocolate. Beverages that are caffeinated and are artificially acidified with citric acid can also aggravate your situation. Foods that you can consume in moderation should be avoided within a gout episode.

### Discipline is the Key to Maintain a Healthy Purine Content in Your Diet

It's also wise to take the time to be able to learn about the food you eat, and take note of foods that seem to trigger your gout. There is no set **uric acid level** that triggers gout assaults, each person has a different threshold so you need to pay attention to how your body reacts. You should also form some healthful habits in order to reduce your **uric acid level** and prevent gout attacks.

You are uncertain about a part of your diet plan, speak to your doctor about it. Even though there are a lot of means online to help you, consulting with your doctor is still the best way to fine tune your diet and manage your uric acid levels.

You are looking for more ways to prevent gout attacks and reduce uric acid, visit [How To reduce Uric Acid](#) Put an end to your suffering and start learning how to deal with gout.



“ **Domenic Golden**

*Domenic is a head content marketing specialist at [musclenstress.com](#), a collection of articles on health issues. In the past, Domenic worked as a post curator for a well-known health site. When he's not writing posts, Domenic enjoys drawing and rock climbing.*

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