

What to eat to get rid of Gout

As a ***gout*** victim you need to watch what you eat to get rid of gout. Gout and diet tend to be associated. Here, you will discover meals you are able to eat to get rid of gout. And you will also get to know which foods to avoid to help eliminate your gout.

CAUSES of GOUT

Gout is actually the result of **uric acid** crystals in your joints and tissue around your joints. These types of crystals form when you have high **uric acid** in your blood.

Uric acid will be produced by the metabolization of 'purines' in your body cells and foods. **Purines** are chemical compounds that help produce your energy and protein needs among other things good to you.

- Note that purines exist in our foods at different concentrations depending on the food type.
- As a rule of thumb, high protein foods and foods high in fat contain the highest levels of purines.

FOODS NOT to EAT to GET RID of GOUT

So, foods to avoid to get rid of gout are, generally speaking, fatty steak, organ beef, online game, fish, shellfish and legumes, plus, yeast and alcohol (especially beer). But even within these there are varying purine levels...

You should definitely avoid all fatty red meat, venison, pork, burgers, bacon, and so forth., and, organ meat such as liver, heart and also kidneys, etc. Although it has been suggested that a maximum of 6 oz of lean meat could be consumed daily.

- All shellfish and fish like mackerel, herring, sardines, anchovies and roe, must also be avoided.
- But other fish like tuna can be taken in small quantities (6 ounces daily) because of omega3 benefits.
- Poultry such as duck, turkey and goose are usually an absolute no-no.
- But 6 ounces of chicken daily should be fine.
- Note: Try to different poultry, lean meat and allowed fish, so you never have more than 6 ounces total daily.

Yeast extracts together with brewer's and baker's yeasts are also to be avoided.

FOODS YOU can EAT to Get Rid of GOUT

Foods that are relatively low in purines that you can eat come under, essential fatty acids, low-fat dairy products produce, complex carbohydrates, foods with high vitamin C, green leafy vegetables and fruit.

So listed below are examples of foods you are able to eat to help get rid of gout:-

Red Cabbage Potatoes

Red bell peppers celery (particularly good for you)

Parsley Kale

Cabbage green leafy vegetables (but not cauliflower, spinach or asparagus)

Cherries Strawberries

Blueberries bananas.

Pineapples Nuts

Flax-seed tuna.



GoutPurinesUric AcidGout FoodsUricGout GoutNatural Gout

Bread (but Stay Away from White Bloom Products)

Whey protein powder in moderation pasta.

Cereals Rice

Low fat cheese skimmed milk (not soy)

- Of course this list is not exhaustive.
- But here's the actual thing; everyone's different, each case is different.
- Some people can tolerated much more of several foods as compared to others and vice versa.
- So keeping a daily food diary can help you pinpoint exactly what foods you need to prevent and which you can safely take.
- But there are other issues you and your doctor need to think about.
- Things such as your medications, underlying medical conditions, weight, and lifestyle, as an example.

You're in Luck Though

There's a special gout report available on the web that has all the information you need in a single place. It is what 1000s of ex-gout sufferers worldwide have successfully used to prevent their gout returning. It also contains a special 2 hour gout pain relief program.

And this uses fully-researched, totally natural methods. So that you will benefit two ways: (1) you get rid of your excruciating pain very fast, and, (2) you prevent your gout going back, so that you reduce the risk of permanent damage.

You want to get gout pain relief in 2 hours, plus, stop your gout going back in the future, then go to <http://gout-relief-today.blogspot.com> and discover exactly how you can quickly do both without expensive drugs with their horrible side effects.

The author constantly researches health issues then writes reports on their findings so that you are perhaps more aware of the facts, and then, better able to make an informed decision on picking a treatment and treatment. Remember to always consult your doctor first. Please go to [Natural Gout Remedies](#).



“ 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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