

# Uric Acid Control Guide

## Do you know?



### 1 Control Body Weight

An obese person is 4x more likely to develop gout than someone with **ideal body weight**. However, crash dieting and rapid weight loss can increase uric acid level.



### 2 Drink plenty of water

Drink 2-3 liter a day can prevent accumulation of uric acid deposition and formation of uric acid stones.



### 3 Reduce fat intake

High body fat will reduce uric acid **excretion** through urine.



### 4 Control/avoid alcohol intake

Beer contains large quantity of purines from the **fermenting process** and it stimulates the production of uric acid by the liver. Alcohol is converted to lactic acid in the body, which interferes with the removal of the uric acid.

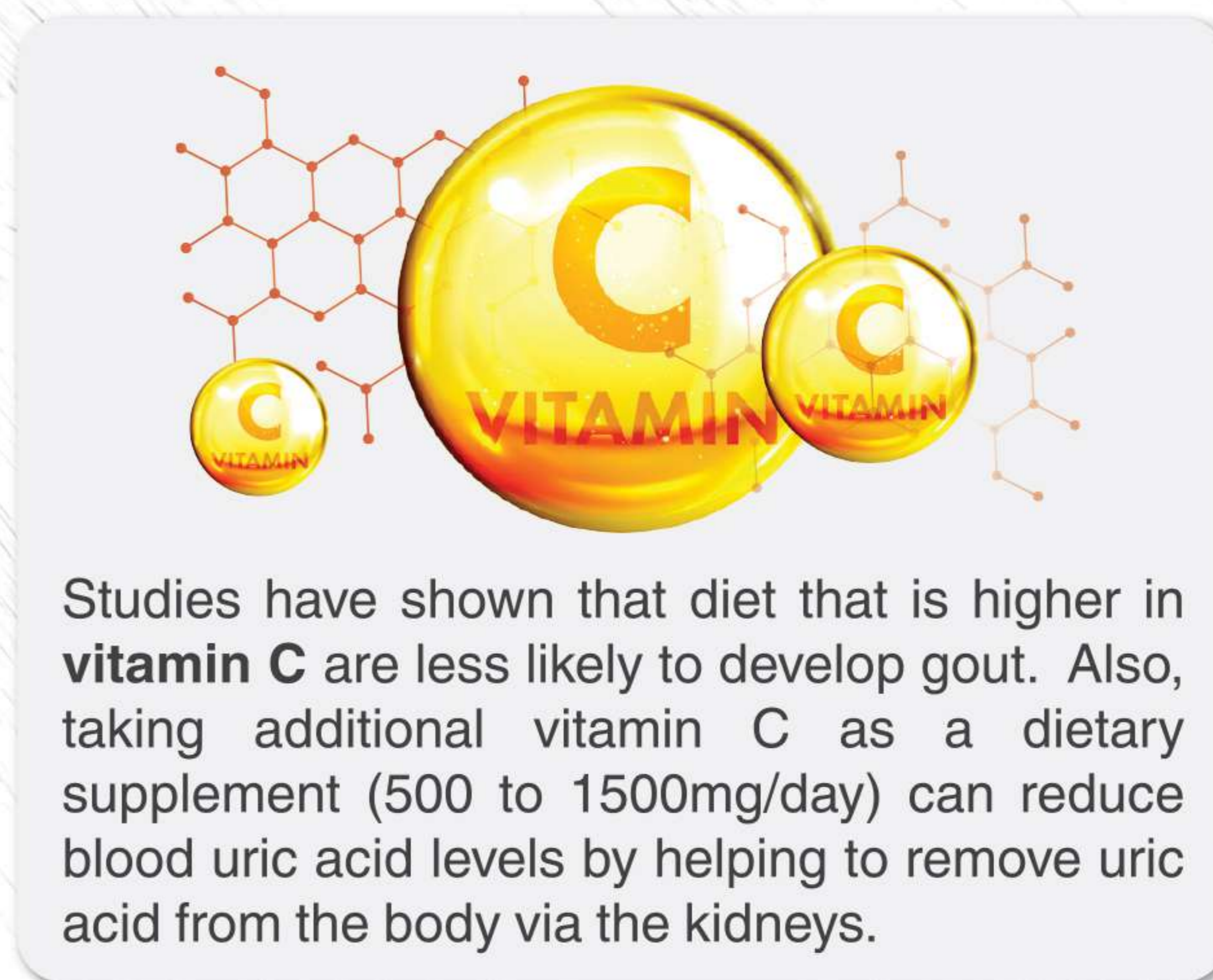


### 5 Control Protein Intake

High **purine** food usually are protein food sources, especially red meat and shellfish.



Foods and drinks sweetened with fructose (often seen labelled as glucose-fructose syrup or corn syrup), as well as **sweetened soft drinks**, increase the risk of developing gout, as well as the number gout attacks.



Studies have shown that diet that is higher in **vitamin C** are less likely to develop gout. Also, taking additional vitamin C as a dietary supplement (500 to 1500mg/day) can reduce blood uric acid levels by helping to remove uric acid from the body via the kidneys.

Ref: UK Gout Society, Goutdiet.org, Kementerian Kesihatan Malaysia, Diet Management for Gout

*For individualised dietary counselling, please make an appointment with the dietitian.*

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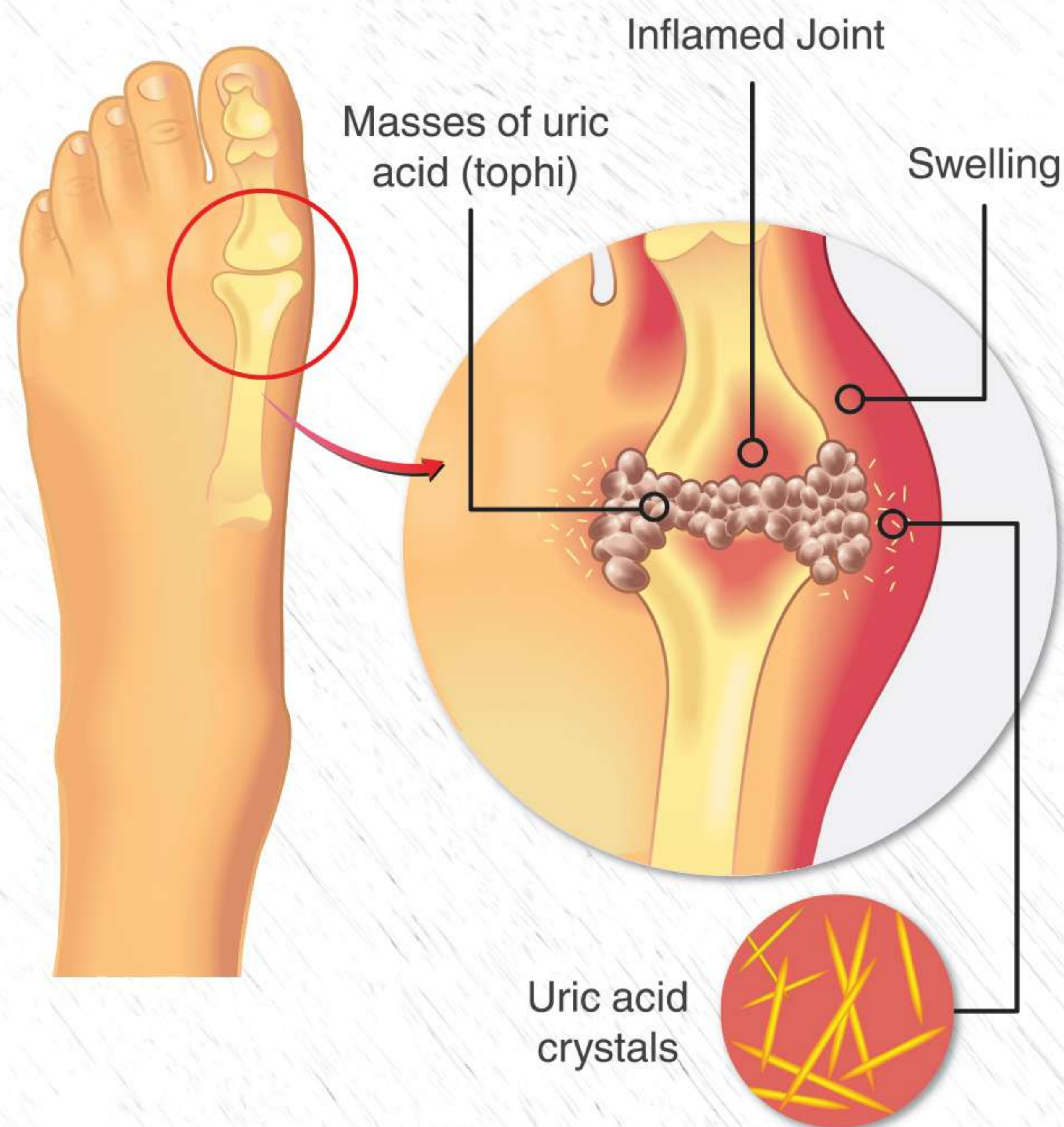
# Low Purine Diet





# Introduction

Normal uric acid level in the blood (plasma):  
**0.15-0.45mmol/L**



**1** Gout is a form of acute arthritis that causes severe pain and swelling in the joints. It is caused by the build up of too much uric acid in the body.

**2** Uric acid is formed from the breakdown of purines which is found in all human tissues and in many foods. Normally, it dissolves in the blood and normally excreted in the urine. High consumption of purine rich diet maybe one of the causes that can raise uric acid levels in the blood.

**3** If you have developed gout, you may need to reduce foods that are high in purine. It is recommended that the purine intake should be between 100-150mg/day

# Purine Food List

Food Group	Low Purine (0-5mg purine/ 100g food)	Moderate Purine (50-150mg purine/ 100g food)	High Purine (150-825mg purine/ 100g food)
	Taken based on normal requirement	Taken in moderate amounts	To be avoided
Cereal & Cereal Products	Breads, rice, noodles, rice noodles, kuey teow, biscuits	Wholemeal bread, oatmeal & wheat bran	-
Fruits	All types of fruits and fruit juices	-	-
Vegetables	Almost all type of vegetables	Asparagus, lentils, beans, mushroom, spinach, cauliflower	-
Protein Food	Milk and milk product, eggs, cheese	Fish, Poultry, meat, seafoods, bean, lentils, (peas and dhal)	Anchovies, sardines, liver, beef kidneys, brains, herring, mackerel
Fats and oil	Any type (take in moderation)	-	-
Soup	Vegetables Soup	Beef/Pork Soup	Meat extract (Bovril, Bonox)
Others	Drink 6-8 glasses of fluids a day. Avoid sugar, syrups, sweet, tea, coffee, chocolate, custard.	-	Yeast, alcohol especially beer

Ref: Bowes & Church's "Food Values of Portions Commonly Used", 19th Edition, 2009.