

Foods for Gout

Gout is a form of arthritis which is caused because of increased levels of **uric acid** in the blood. Gout is also referred to as metabolic arthritis or urarthritis, and mainly affects the big toe, ankle, heel and joints in the feet. Nevertheless, gout could also affect joints like the fingertips, elbows, and knees. Gout is especially caused because of excessive manufacture of **uric acid** that is not properly eliminated from the body. The breakdown of **purines** and the uric acid build-up in the blood can lead to several health complications such as gout arthritis, kidney stones and kidney failure. Some other factors including genetic factors, obesity, excessive dehydration, excessive alcohol consumption and intake of foods containing a high level of purines, could also lead to the appearance of gout.



*“ Gout is an extremely painful type of joint disease which causes serious pain, redness, inflammation, and stiffness of joints. If not handled, it can result in damage to joints, thus leading to long lasting disabilities. For that reason, it is very important in order to avoid acute **gout attacks**. Some preventive measures for gout include making use of medications to be able to reduce the level of uric acid, maintaining a healthy body weight, ample fluid intake, reduced consumption of alcohol, and change in the diet.*

- Change in diet plays an important role in **treating gout**.
- It is important to avoid food that include high levels of purines, and follow a diet that will help alleviate the symptoms of gout.
- Mentioned below are some meals for gout as well as some foods that you ought to avoid.



GoutPurinesUric AcidUricTreating GoutGout PatientsGout

Diet for Gout: **Gout patients** should do not eat meals that include purines. Gout individuals should consume foods containing complex carbohydrates, such as low-fat dairy products, pasta, bread as well as rice. Consume adequate quantities of essential fatty acids like nuts, tuna, salmon, and flaxseed. Foods that include low numbers of purines can be consumed in moderation. Such foods include eel, fresh and saltwater fish, poultry, beef soups, dried beans, bran, spinach, oatmeal, whole grain bread, cereals and wheat germ.

Eat vegetables that are low in purines including cabbage, kale, and parsley along with green leafy vegetables. Consume low-fat cheese, blueberries, strawberries, celery and tea. Include meals which are rich in bromelain like pineapple, and foods that are rich in vitamin c like mandarin, oranges, red cabbage and red bell peppers. Foods you should avoid: Do not consume high proteins and purine-rich foods which consist of organ meats (brain, kidney, and liver), meat concentrated amounts, pork, chicken, shrimp, crab, lobster, wheat, fungus, vinegar, black beans, lima espresso beans, soya beans, scallops, sardines, mackerel, beef, mussels, pastries, cream as well as whole milk products.

Vegetables like asparagus, cauliflower, and mushrooms are extremely rich in purines and should be avoided. Patients must also steer clear of acid-forming products such as alcoholic beverages, processed syrups, sauces, packaged juice, artificial sweeteners, and also pickles. Besides these foods, treatments like Colchicine have proved very effective for treating gout. Colchicine is a good oral, anti-inflammatory alkaloid utilized regarding effectively dealing with and also preventing certain types of **gouty arthritis** for example **pseudo gout** (a joint inflammation). This drug can also be used to treat **joint pain** and swelling caused as a result of other forms of gout. Patients can order Colchicine online or obtain Colchicine from other neighborhood pharmacist. But, you should consult a healthcare professional before you buy Colchicine for treating gout.

- Andy King is an associated editor in order to the website eMedOutlet.net - Trusted Online Pharmacy.
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