

## List of Foods to Avoid if you have Gout

It is important to know the foods to avoid for people with **gout** so that you will not worsen your condition and actually strive to improve it. Gout is just one of a hundred types of arthritis that can affect the body and is a result of having excessive **uric acid** in the blood. The way to deal with gout is to have a balanced diet that can manage **uric acid levels** and to have a healthy lifestyle.

- The first on the list of foods to prevent for those who have gout is anything that has to do with alcohol.
- It is totally not advisable to consume alcohol if you have gout.
- You will not benefit at all from alcohol.
- It is known to have diuretic effects that can contribute to dehydration and trigger acute **gout attacks**.



What is important in the list of foods in order to avoid is to become aware of those foods that can raise **uric** acid levels, such as too much Vitamin C. Although Vitamin c works well for reducing the risks of developing gout, there is a limit. The limit is not to take more than 2,000 milligrams per day.



GoutUric AcidUricUric Acid LevelsAlcohol GoutGouty ArthritisGout

### The Third on the List is Sodas

Okay, so this is another drink, but really, soft drinks highly contain fructose and sugar. Studies have shown a strong association between the consumption of fructose as well as the risk of developing gout. According to one study, those who consumed two or more servings of cola daily increased their risk of developing gout by 80%.

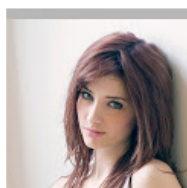
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*Gout Diet: Foods To Avoid - What Should you Scratch From Your Grocery List? Foods To AvoidDiets which are high in purines as well as full of protein have long been thought of causing a heightened risk of gout (a type of arthritis caused by high levels of uric acid in the body which form crystals in the joints, resulting...*

These three kinds of foods will fundamentally guide you in your diet, so that you will know which ones to consume, which ones to lessen consumption, and which ones to completely wave goodbye to. If you still have any doubts or questions, simply remember that the whole point is not to raise your uric acid levels and not trigger virtually any attacks. The list of foods to prevent when you have gout ought to be based on that.

You are looking to get more information on how to reverse **gouty arthritis** or gout using a scientifically proven Gout Diet, go here: [Download the foods To Avoid If you have Gout Now !](#)



“ **Susie Hart**

*Susie is a leading curator at omex3.com, a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.*

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