

# **Dietary management for Gout patients**

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**Permitted food:**

- Refined cereals (rice) and cereals products, white bread, pasta, wheat flour preparations, sago, manioc
- Milk, milk products,
- Eggs
- Green leafy vegetables
- Lettuce, tomatoes, brinjol, knowkhol, raddish
- Sugar, sweets, gelatin
- Butter, margarine, peanut butter
- Fruits,
- Nuts,
- Water, fruit juices, cardials, carbonated drinks, tea, coffee (2-3 cups a day)

**Not permitted during acute attacks:**

- Beans, peas, lentils, cowpea, green gram, chick pea,
- Spinach, asparagus, cauliflower, mushrooms
- Oat meal
- Fish, seafood, sardines, herrings, anchovies
- Meats, chicken, meat extracts, gravies, marmite
- Liver, kidney, heart, brains
- Yeast and beer products, alcohol

**Sample Menu for a sedentary normal weight man**

Breakfast: Bread 4 pieces, Jam 1 table spoon, Butter 1 teaspoon, Plantain, Tea with milk

Mid morning: Sago conjee 1 cup and tea with milk

Lunch: Rice polished 2 cups, Green leaves 3 tablespoon, Pumpkin, Fried ladies fingers, Bread and butter pudding 1 cup

Mid afternoon: Sesame ball and milk tea or yourgurt

Dinner: String hopper 8-10, Potato curry, Polsambal, Papaya slice

Feasting and fasting to be avoided.