

The Foot and Ankle Wellness Center of Western Pennsylvania

Gout Diet

Foods	Foods Allowed	Foods to Avoid
Fruits	Fresh, Cooked, or Canned Peaches, Pears, Apricots, Bananas, Berries, Cherries, Grapes and Grapefruits, Oranges, Plums and Pineapple, Cooked Apples and Fruit Juices	Raisins, Cantaloupe, Watermelon and Raw Apples
Cereals	All Cereal except Whole Wheat Cereals	All Whole Wheat Cereals
Soups	Milk or Creamed Soups made from allowed Vegetables listed below	Meat Stock and Chicken Soups, Bean, Split Pea and Lentil Soups
Meats, Fish, Poultry, Eggs and Cheese	Eggs cooked any style, Crisp Bacon, Broiled Chicken or Broiled Lamb Chop may be eaten once or twice a week , Cottage Cheese	All Meats, Except occasional small portions of crisp bacon, broiled chicken or Lamb Chop, All Fish, All Cheese except Cottage Cheese, Turkey, Duck, Goose, Sweetbreads, Liver, Kidneys All Canned Spiced Meats
Vegetables	Carrots, Beans, Corn, Lettuce, White and Sweet Potatoes, Tomatoes Hominy and Eggplant	Asparagus, Lima Beans, Green Beans, Celery, Mushrooms, Spinach, Cabbage, Onions, Brussels Sprouts, Cucumbers, Broccoli, Dried Beans and Peas
Breads	White or Rye Bread with Small Amount of butter	Whole Wheat Bread Hot breads and Rolls, Pancakes and Waffles
Beverages	Milk, Buttermilk, Weak Tea or Decaffeinated Coffee	All Alcoholic Beverages, Carbonated drinks, Cocoa and Malted Milk
Desserts	Rice or Cornstarch Pudding, Custard and Jello Fruits as above	Rice Pies, Cakes, Pastries and All Excessively Sweet Desserts
Miscellaneous	All Nuts Except Peanuts	Peanuts, Peanuts Butter, Gravies, Jams, Jellies, Chocolate and Condiments

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