

Department of Dietetics

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For enquiries and appointments,
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Gout

Gout is a disorder of purine metabolism, in which abnormal levels of uric acid accumulate in the blood. As a consequence, sodium urates are formed and deposited in the joints, leading to arthritic pain.

The following foods contain high purine content, they should be limited on a daily basis. In the acute stage of attack, they should be avoided.

- Organs (brains, heart, kidney, liver)
- Shellfish, shrimp, crab, sardine, mackerel
- Meat extracts, meat soups, chicken base, Bovine, Marmite
- Sea weeds
- Alcohol
- * Whole wheat products (whole wheat bread, crackers and cereals)
- * Asparagus, cauliflower, spinach, mushrooms, green peas
- * Beans and soy products (soy milk, soybean stick, soybean sheet)

- * Can be taken in moderation

Other eating advice

- Moderate intake in meat / fish / poultry
- At least 12 glasses of fluid per day

For a detailed eating advice on gout, please contact our Dietitians.

Purine Content of Everyday foods (per 100 grams)

Foods	Purine (mg)	Foods	Purine (mg)
Soy beans	166.5	Chicken breast	137.4
Black beans	137.4	Beef	83.7
Oysters	239	Duck heart	146.9
Shrimps	137.7	Pork liver	229.1
Dried scallops	390	Beef liver	169.5
Abalone	112.4	Mushrooms	214.5
Eel	113.1	Sea weeds	274

Reference: 黃玲珠教授編，膳食療養學，華杏出版股份有限公司，1992。

