**GOUT Diet Limitations**

1. **ELIMINATE** THE FOLLOWING FOODS FROM YOUR DIET. YOU WON’T FIND IT HARD TO DO AND IT’S IMPORTANT!

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| LIVER | KIDNEY | ANCHOVIES |
| SWEETBREADS | SARDINES | MEAT EXTRACTS |
| BRAINS | GRAVIES | CONSOMME |
| FISH ROES | MUSSELS | HEART |
| BEER | WINE | HERRING |

1. **CUT DOWN** ON THESE FOODS. **NO MORE** THAN ONE SERVING A DAY:

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| MEATS | BEANS | FOWL |
| PEAS | ASPARAGUS | FISH (EXCEPT NOTED ABOVE) |
| CAULIFLOWER | MUSHROOMS | OTHER SEAFOODS |
| LENTILS | SPINACH | OTHER SEAFOODS |
| WHOLE GRAIN CEREALS | YEAST |  |

1. **EAT ALL YOU WANT** OF THE FOLLOWING FOODS:

VEGETABLES (EXCEPT AS NOTED ABOVE)  
SPICES AND CONDIMENTS, INCLUDING SALT AND VINEGAR  
BUTTER AND FATS (IN MODERATION)  
REFINED CEREALS AND CEREAL PRODUCTS  
VEGETABLE SOUPS (CLEAR)  
FRUITS MILK CHEESE  
EGGS NUTS SUGARS AND SWEETS