

Gout & Nutrition Summer Edition

Summer is in full swing.

Wondering if you can still enjoy
your favorite summer foods?

Let's dive into gout & nutrition.

**Purine-rich foods can
increase your risk of gout.**

- ✗ Red meat
- ✗ Organ meats
- ✗ Seafood
- ✗ Alcohol
- ✗ Sugary
beverages
and foods

**A healthy diet may
keep uric acid low.**

- ✓ Fruits
- ✓ Vegetables
- ✓ Nuts
- ✓ Low-fat dairy
products
- ✓ Water

While a healthy diet is important,
**the only way to lower uric
acid enough to manage
gout is with medication.**

Check your uric acid levels regularly and remember,
if it's over 6, you need a fix.

By avoiding trigger foods and
taking your medication as prescribed,
you'll be well on your way to a

flare-free summer



**GOUT SUPPORT GROUP
of America**