



# CARE INSTRUCTIONS

KAISER PERMANENTE

## Purine-Restricted Diet: After Your Visit

### Your Kaiser Permanente Care Instructions

Purines are substances that are found in some foods. Your body turns purines into uric acid. High levels of uric acid can cause gout, which is a form of arthritis that causes pain and inflammation in joints.

You may be able to help control the amount of uric acid in your body by limiting high-purine foods in your diet.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

### How can you care for yourself at home?

- Plan your diet around foods that are low in purines and are safe for you to eat. These foods include:
  - Green vegetables and tomatoes.
  - Fruits and fruit juices.
  - Breads, rice, and cereals that are not whole-grain.
  - Chocolate and cocoa.
  - Coffee, tea, and carbonated beverages.
  - Peanut butter and nuts.
  - Cheese, milk, milk products, and eggs.
  - Fat and oils, in moderation.
  - Popcorn.
  - Vinegar, olives, pickles, and relishes.

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- Gelatin desserts.
- Cakes, cookies, and sweets, in moderation.
- You can eat certain foods that are medium-high in purines, but eat them only once in a while. These foods include:
  - Asparagus, cauliflower, spinach, mushrooms, and green peas.
  - Fish and seafood (other than very high-purine seafood).
  - Oatmeal, wheat bran, and wheat germ.
- Limit very high-purine foods, including:
  - Organ meats, such as liver, kidneys, sweetbreads, and brains.
  - Meats, including bacon, beef, pork, and lamb.
  - Game meats and any other meats in large amounts.
  - Anchovies, sardines, herring, mackerel, and scallops.
  - Gravy.
  - Legumes, such as dried beans and dried peas.
  - Beer.

### When should you call for help?

Watch closely for changes in your health, and be sure to contact your doctor if:

- You have questions about your diet.

### Where can you learn more?

Go to <http://www.kp.org>

Enter F448 in the search box to learn more about "**Purine-Restricted Diet: After Your Visit**".

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