

The PERMANENTE MEDICAL GROUP

LOW PURINE DIET

GENERAL DESCRIPTION

1. This diet is relatively low in purine bodies, calories and fat.
2. Approximate purine content of this diet is 100 milligrams. A purine free diet may be obtained by eliminating all meat, fish and fowl.
3. The suggested menu pattern contains approximately 70 grams protein, 65 grams fat, 220 grams carbohydrate, 1700 calories. It may be deficient in iron and B Complex Vitamins. Supplements should be given.

FOODS ALLOWED		FOODS NOT ALLOWED
Beverage:	1 Pint milk daily (if more is desired use skim milk or buttermilk): Coffee; Tea; Sanka; Postum; carbonated beverages; fruit juices	Alcohol
Bread:	White bread, white crackers; cornbread	Whole wheat bread; whole wheat crackers
Cereal:	Cream of wheat, cream of rice, Farina, cornmeal, cornflakes, rice krispies, puffed rice	Oatmeal, whole grain cereals
Dessert:	Gelatine, custard, puddings, Angel food cake, sherbert, ice cream	Rich desserts, pastries, pies, chocolate
Fat:	3 teaspoons butter or margarine daily	Mayonnaise, fats, oil, cream, butter (except as allowed)
Fruit:	All	
Meat, Fish, Fowl:	2 ounces per day only Broiled, baked or roasted meat, fish or fowl; (except for those listed under "Foods not allowed").	Fish: Anchovies, herring, mackerel, mussels, roe, sardines, scallops Fowl: Goose, partridge Organ Meat: Heart, kidney, liver, sweetbread Fried meat or fish or poultry or meat extracts Fried Eggs
Egg, Cheese:	As desired except fried	
Potato or Substitute:	Potatoes, hominy, macaroni, noodles, rice, spaghetti	Fried potatoes, potato chips
Soup:	Milk soup made with allowed vegetables	Bouillon, broth, consomme
Sweets:	All	
Vegetables:	As desired except for those listed under "Foods not Allowed"	Asparagus, dried beans, lentils, mushrooms, peas, spinach
Miscellaneous:	Condiments, herbs, nuts, olives, pickles, salt, spices, vinegar, white sauce	Gravy, yeast, highly seasoned foods

SUGGESTED MENU PATTERN

BREAKFAST	LUNCH	DINNER
Fruit - Refined cereal	2 ounces meat	½ cup cottage cheese
1 egg	Potato or substitute	Potato or substitute
1 slice white toast	Vegetable as allowed	Vegetable as allowed - Salad as allowed
1 teaspoon butter	1 slice white bread	1 slice white bread - 1 teaspoon butter
Jelly - Milk - Sugar	1 teaspoon butter	Fruit or dessert as allowed
Coffee or Tea	Fruit or dessert as allowed	Milk - Coffee or Tea

