

Low-Purine Foods: Uric Acid Stones

Foods from this list may be used as desired; these foods contain an insignificant amount of purine.

Beverages

Carbonated, chocolate, cocoa, coffee, fruit juices, Postum, tea

Butter*

Bread

white and crackers, cornbread

Cereals and cereal products

Corn, rice, tapioca, refined wheat, macaroni, noodles

Cheese of all kinds*

Eggs

Fats of all kinds* (in moderation)

Fruits of all kinds

Gelatin, Jello

Milk

buttermilk, evaporated, malted, sweet

Nuts of all kinds*

Pies* (except mincemeat)

Sugar and Sweets

Vegetables

artichokees, beets, beet greens, broccoli, brussel sprouts, cabbage, carrots, celery, corn cucumbers, eggplant, endive, kohrabi, lettuce, okra, parsnips, potato(white and sweet), pumpkin rutabaga, sauerkraut, string beans, summer squash, swiss chard, tomato, turnips.

*high in fat

The foods in the following list contain a moderate amount (up to 75 mg) of purine in 200 g serving. Serve an item with a moderate amount of purine four times a week.

Asparagus

Bluefish

Bouillon

Cauliflower

Chicken

Crab

Finnan haddie

Ham

Herring

Kidney beans

Lima beans

Lobster

Mushrooms

Mutton

Navy beans

Oatmeal

Oysters

Peas

Salmon

Shad

Spinach

Tripe

Tuna fish

Whitefish

The following list contains foods that contain a large amount (75-150 mg) of purine in 100 g. serving; one item once a week.

Bacon	Lentils	Quail
Beef	Liver sausage	Rabbit
Calf tongue	Meat soups	Sheep
Carp	Partridge	Shellfish
Chicken soup	Perch	Squab
Codfish	Pheasant	Trout
Duck	Pigeon	Turkey
Goose	Pike	Veal
Halibut	Pork	Venison

Avoid entirely; foods that contain very large amounts (150-1000 mg) of purine in 100g serving.

Sweetbreads	825 mg	Kidneys (beef)	200 mg
Anchovies	363 mg	Brains	195 mg
Sardines (in oil)	295 mg	Meat extracts	(160-400 mg)
Liver (calf, beef)	233 mg	Gravies	variable

Typical Meal Pattern

Breakfast	Lunch	Dinner
Fruit	Egg or cheese dish	Egg or cheese dish
Refined cereal and/or egg	Vegetables, as allowed (cooked or salad)	Cream of vegetable soap, if desired
White toast	Potato or substitute	Starch (potato or substitute)
Butter, 1 tsp	White bread	Colored vegetable, as allowed
Sugar	Butter, 1 tsp	White bread
Coffee	Fruit or simple dessert	Butter, 1 tsp if desired
Milk, if desired	Milk	Salad, as allowed
		Fruit or simple dessert
		Milk