



## Low-Purine Diet 低普林飲食原則(英文)

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Diet and medicine can be used to control the uric acid content in blood, reduce the frequency of gout attacks and relieve pain in times of gout attacks.

Low-purine diet is suitable for the following diseases: 1) Gout; 2) Hyperuricemia; 3) Urinary tract stone caused by excessive deposit of monosodium urate.

### General Rules

- Patients should avoid eating food with high content of purine whenever possible without affecting regular dietary nutrients.
- Food with high content of purine includes: internal organs, fish, embryo, and dried beans.
- Patients should maintain standard weight and try to lose weight if being overweight. Patients should lose weight up to 1KG per month. This will avoid the massive production of purine due to the fast decomposition of tissues, which causes acute attack. Do not try to lose weight during acute attack.
- Avoid excess protein intake. It is advised to take 1 gram of protein per every kilogram of weight. Ask the dietician for correct nutrient intake.
- Avoid drinking alcohol as the lactate accumulation produced from in-vivo metabolism will affect the discharge of uric acid while cause symptoms of occur.
- Avoid food with high content of oil and deep-fried food (i.e. fried sausage and potato) since high content of oil could disrupt uric acid from excretion and lead to symptoms attacks in patients
- If patients experience poor appetite, provide large amount of liquid high in sugar (i.e. honey, fruit, and soft drinks) to prevent accelerating decomposition of in-vivo protein in patients,

increasing uric acid synthesis and body fat that will inhibit uric acid excretion.

- Patients should drink more water and drink at least 300ml of water per day to help excretion of uric acid. Cocoa, coffee and tea metabolites will not accumulate issues while proper amount of water consumption will speed up the metabolism of uric acid.
- In case of acute attack, try to choose food with low content of purine (such as the food from group I in food selection table). It is advised to obtain protein completely from egg, milk or dairy products.
- Follow dietitian' s instruction to choose food with low content of purine.

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若有任何疑問，請不吝與我們聯絡  
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