

**You need
TO REDUCE
YOUR URIC
ACID!**



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Understanding the **LOW URIC ACID DIET**

DIET FAQ'S

WHAT IS URIC ACID?

Uric acid is a byproduct of purines (PYUR-eenz). Purines are naturally occurring substances and are found in many food items. As purines are broken down in the body, they are eliminated as uric acid.

WHAT DOES URIC ACID HAVE TO DO WITH CKD?

Normally, uric acid passes through the kidneys and is excreted in urine. However, when the kidneys cannot process all of the uric acid, hyperuricemia, or elevated uric acid in the blood, may develop.

Recent research has determined that approximately 10% of Americans with Chronic Kidney Disease (CKD) also have gout, and if left untreated, can further worsen kidney function.

WHY DO I NEED A DIET THAT REDUCES URIC ACID?

When your kidneys are not functioning properly, they do not filter out uric acid properly, thus potentially leading to a number of health issues.

Elevated hyperuricemia (elevated uric acid levels) may cause:

- Worsening of kidney function
 - Flare up of gout
- Damage to affected joints

DIET DO'S AND DON'TS



- Exercise: even 1 minute of moderate to brisk walking is helpful
- Drink 8-12 cups of fluid daily, this may help reduce kidney stone formation and decrease uric acid crystals



- Don't take baker's yeast or brewer's yeast as a supplement
- Don't drink (or try to limit) alcohol. Alcohol increases purine production, thus further worsening hyperuricemia

FOODS TO LIMIT



Limit meat to 3 ounces per meal



Limit high fat foods, such as salad dressings, ice cream, fried foods, & gravies. Fat holds onto uric acid in your kidneys



Every person has their own food "triggers" that causes a flare-up of gout – know what foods impact this for you and avoid eating them

- Arthritis Foundation Gout blog Accessed 5/3/2017 <http://blog.arthritis.org/gout/>
- Gout and Uric Acid Education Society Accessed 5/3/2017 <http://gouteducation.org/patient/what-is-gout/uric-acid/>
- American Journal of Kidney Disease; "Prevalence of CKD and Uncontrolled Among U.S. Adults: Results from NHANES 2007-2012".



DIET DETAILS

(Foods to eat and avoid)

EAT THIS

LIMIT/AVOID THIS

Meat and Protein 1 Serving

- Veal, pork, fish, eggs, peanut butter, nuts, low fat cheeses
- Limit to 2 servings per week (2-3 ounces/serving)
- Dried peas
- Red meat (beef, lamb)



- Sweetbreads
- Anchovies
- Sardines
- Liver
- Kidneys
- Brains
- Scallops
- Shellfish (lobster, shrimp & crab)
- Mussels

Milk and Dairy 2 Servings



- Skim or low fat milk
- Low fat yogurt
- Low fat ice cream

- Whole milk
- Cream
- Sour cream
- Ice cream

Fruits and Veggies 3-4 Servings



- Limit avocados
- Limit high fat cooking including:
 - Au Gratin potatoes
 - Fried foods
 - Cream sauces

- All fruit and juices
- Limit to 2 servings per week (Mushrooms, Dried peas, Beans, Spinach, Asparagus and Cauliflower)

Grains 6-11 Servings



- All enriched breads
- Cereals
- Rice
- Noodles
- Pasta
- Potatoes

Limit high fat breads like:

- Pancakes
- French toast
- Biscuits
- Muffins
- French fries

