

RECOMMENDATIONS FOR DIET AND LIFESTYLE FOR PATIENTS WITH GOUT AND HYPERURICAEMIA



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If necessary, your physician will adapt these recommendations to other health problems you may have (e.g. high blood pressure, diabetes, kidney disorders)

- 1** Purine-rich (red) meat such as, for example, beef, pork and lamb as well as offals may increase the uric acid level and the risk of gout. For this reason red meat should be consumed rarely or only in small quantities. The consumption of purine-rich vegetables is not associated with an increasing risk of gout.^{1,2}
Evidenz: III
- 2** Seafood (especially shellfish and mussels) may increase the uric acid level and the risk of gout attacks and should be eaten only rarely. Fish as part of a healthy diet is regularly (1-2 times a week) recommended to prevent cardiovascular diseases.^{1,2}
Evidenz: III
- 3** In general, the consumption of alcohol increases the risk of a gout attack depending on its dose. Especially beer and hard liquor should be avoided, while wine poses the lowest risk for gout.³
Evidenz: III
- 4** Soft drinks, fruit juices and fruit with a high content in fructose (fruit sugar) may increase the uric acid level and therefore should be avoided. „Diet“ drinks which contain no fruit sugar do not increase the risk of gout.⁴⁻⁷
Evidenz: III
- 5** The regular consumption of low-fat milk / dairy products may reduce the uric acid level and is recommended for all gout patients.^{1,8,9}
Evidenz: Ib
- 6** A sufficient supply of vitamin C is advisable (recommended daily intake: 100 mg of vitamin C), since vitamin C slightly reduces the uric acid level and also may promote the excretion of uric acid. However, long-term supply of high-dose vitamin C (> 1 g/day) could also have negative effects (e.g. the formation of kidney stones) and therefore is not recommended.¹⁰⁻¹²
Evidenz: Ib
- 7** Regular consumption of coffee may help to reduce the uric acid level and therefore is recommended, also in addition to dietary measures and medication.¹³⁻¹⁵
Evidenz: III
- 8** There is a connection between gout/elevated uric acid levels and cardiovascular diseases, obesity, metabolic syndrome and diabetes. Therefore, regular physical exercise/cardiovascular training (at least 2-3 times a week for 20-30 min.) is recommended.^{16,17}
Evidenz: III
- 9** Gaining weight and obesity may increase the uric acid level and cause gout attacks. Slowly reducing the weight may (at least in men) help to reduce the uric acid level and therefore protect against gout.^{16,17}
Evidenz: III

These recommendations were developed by the study group for arthritis and crystal arthropathies of the Austrian Society for Rheumatology and Rehabilitative Therapy (J. Sautner, G. Eberl, G. Eichbauer-Sturm, J. Gruber, R. Puchner, P. Spellitz, C. Strehblow, J. Zwerina). © 2014 Österreichische Gesellschaft für Rheumatologie & Rehabilitation (Austrian Society for Rheumatology & Rehabilitative Therapy)

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