

LOW PURINE & HIGH PURINE FOOD CHART

THIS CHART WILL HELP YOU MANAGE YOUR PURINE INTAKE.

EAT



ALMONDS



BREAD



EGGS



GARBANZO BEANS



LIMA BEANS



LOW FAT CHEESE



MOST FRUITS & VEGETABLES



PASTA



PEANUTS & PEANUT BUTTER



RICE



SKIM MILK



SUNFLOWER SEEDS



SWEETS



WALNUTS



YOGHURT

LIMIT



ASPARAGUS



BEEF



CHICKEN



CRAB



LENTILS



LOBSTER



MUSHROOMS



OATS



OYSTERS



PINTO BEANS



PORK



RED BEANS



SHRIMP



SOYBEANS



SPINACH

AVOID



ALCOHOL



ANCHOVIES



COD



DUCK



GOOSE



GRAVY



HADDOCK



HERRING



MUSSELS



ORGAN MEATS



SALMON



SARDINES



SCALLOPS



TUNA



YEAST EXTRACTS