



Community Foot Specialists

Foods to Avoid/Limit With Gout

Foods to Avoid With Gout

Alcohol
Anchovies
Asparagus
Consommé
Herring
Meat Gravy
Mincemeat
Mushrooms
Mussels
Organ Meats (i.e. Liver, Kidney, Heart, Etc.)
Sardines
Seafoods
Sweetbreads

Foods to Limit With Gout

Cauliflower
Dried Beans
Dried Peas
Fish
Lentils
Oatmeal
Red Meats
Spinach
Whole Grain Cereal
Yeast