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### **Foods to Avoid with Gout**

**According to the American Medical Association (AMA), you should *avoid* purine-containing foods which include:**

- Beer and other alcoholic beverages in excess.
- Sugary drinks and foods high in fructose (white breads, candy, energy drinks)
- Anchovies, sardines in oil, fish roes, and herring.
- Red meats (beef, lamb, pork).
- Organ meats such as liver, kidneys, and sweetbreads.
- Shellfish (mussels, scallops, shrimp, clams).
- Legumes (dried beans and peas).
- Meat extracts, consommé, and gravies.
- Mushrooms, spinach, asparagus, and cauliflower in moderation.
- Apples in moderation.

**Foods which may be beneficial to people with gout include:**

- Dark berries may contain chemicals that lower uric acid and reduce inflammation.  
Such **examples** are Cranberry Juice and Vitamin C.
- Tofu.
- Certain fish such as salmon, flax or olive oil and nuts.
- Low fat dairy products (milk, cheese, yogurt and eggs).
- Hydration (at least 32 ounces of water daily).