



24-HOUR URINE URIC ACID WITH A LOW-PURINE DIET

The low-purine diet includes most sugars, starches and fats. Protein is supplied chiefly by eggs and cheese, and partly by bread, fruit and nuts. Please maintain your usual fluid intake and do not stop your current medication unless instructed by your doctor. There is no restriction on the amount of food taken.

Foods should be selected from the following:

- Refined cereals and cereal products (white bread, pasta, flour, arrowroot, sago, tapioca and cakes)
- Milk, milk products and cheese
- Sugar and sweets
- Butter, polyunsaturated margarine and fats of any kind
- Fruit
- Nuts, peanut butter
- Lettuce, tomatoes and green vegetables (except those listed below)
- Vegetable and cream soups – to be made with allowed vegetables, but without meat or meat stock (see below)
- Beverages – water, fruit juice, cordials, carbonated drinks, tea and coffee
- Eggs
- Gelatine

None of the following foods should be eaten during the 6 days of the low-purine diet:

- Meat (beef, lamb, pork, veal, mutton)
- Poultry (chicken, turkey, duck)
- All fish, including sardines, herrings, anchovies and fish roe
- Shellfish, including prawns, lobsters, scallops and mussels
- Liver, kidney, heart, sweetbread, brains, pâté
- Meat extracts, Vegemite™, Marmite®, Bonox™, stock cubes and gravy power
- Yeast and beer products, beer, wine and alcohol
- Green beans, peas, legumes, lentils, spinach and silverbeet, oatmeal, whole grain cereal, asparagus, cauliflower, mushrooms