

GOUT

YES

LF dairy
Egg whites

Vegetables except on the NO list

Fruits and fruit juices

Avocado

Refined cereals and breads
Potatoes
Rice
Pastas

NO

Red Meats
Organ Meats
Shellfish, mussels
Scallops, trout
Sardines, haddock

Peas
Mushrooms
Spinach
Asparagus
Cauliflower

Lentils
Beans
High yeast foods

Alcohol