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PURINE RESTRICTED DIET

Purpose:

The purine restricted diet is used by patients with uric acid stones to reduce hyperuricemia and prevent the disposition of urate in the tissues. A large percentage of individuals with hyperuricemia develop gout. An acute attack is characterized by sudden inflammation and swelling accompanied by severe pain of the joints.

Hyperuricemia is transmitted by a single dominant autosomal gene which is not sex linked. The cause for the high blood levels of uric acid have not been clearly established. The possible causes may be:

1. Decreased destruction of uric acid in the body.
2. Increased production of uric acid.
3. Decreased excretion of uric acid.

Treatment:

A number of drugs are effective in the treatment of gout.

A diet low in protein foods containing nucleoproteins whose end product in breakdown is uric acid is helpful when drug therapy is poorly tolerated. However, most patients can be controlled successfully by drug therapy.

Diet Principles:

1. The purine containing foods, such as organ meats, meats, and meat extracts, are restricted.
2. Protein is adequate in the diet by using protein foods that are low in purine.
3. The diet is low to moderate in fat, because fats tend to prevent the excretion of uric acid from the kidney.
4. The carbohydrate level is increased to supply necessary calories.
5. A liberal intake of fluids, such as water and fruit juice, is provided to aid the kidneys in the elimination of uric acid.

Adequacy:

This diet may be limited in iron, thiamin, and niacin. Careful selection of foods can meet the Recommended Dietary Allowances. The diet as listed in the meal plan contains the approximate nutritive values:

Calories	2150
Protein	80 gm
Fat	60 gm
Carbohydrate	320 gm
Purine	125-150 mg

PURINE RESTRICTED DIET (continued)

FOOD	ALLOWED	MINIMIZE	NOT ALLOWED
Beverages:	Skim milk, carbonated beverages, coffee, tea, decaffeinated coffee.	Cream, malted milk drinks. Lowfat milk.	Alcohol, whole milk.
Breads and Cereals:	Refined, enriched breads and cereals, cornbread.	Oatmeal, whole grain breads and cereals. Rye bread.	Wheat germ, Rye grains.
Cheese:	Dry cottage cheese, low-fat cheeses.	Cream cheese, high fat cheese.	None.
Desserts:	Fruits, gelatins, plain cakes and cookies, sherbets, water ices.	High fat desserts, chocolate, ice cream.	Mince meat, whipped cream.
Eggs:	All except fried.	Fried egg.	None.
Fats:	All in limited amount as allowed.	5 teaspoons per day: butter, margarine, salt pork, shortening, and oils.	Meat gravies.
Fruits:	All fresh, frozen, or canned fruits and fruit juices.	None.	None.
Meats, Fish, and Poultry:	Peanut butter, soy analoges.	2 oz. daily: lean beef, lamb, pork, veal, chicken, turkey, halibut, salmon, tuna, whitefish. ½ C. dried beans or peas may be substituted for 1 oz. meat.	Organ meats (brains, heart, kidney, liver, sweetbreads), anchovies, sardines, meat extracts, goose, wild game.
Potatoes and Substitutes:	Grits, macaroni, noodles, spaghetti, rice, white and sweet potatoes.	Fried potatoes, potato chips, whole grain rice.	None.
Soups:	Cream soups and vegetable soups from allowed foods.	Mushroom soup, dried bean, pea or lentils soup, oyster soup.	Meat broth, bouillon, consommé, meat extracts.