



# PODIATRY ASSOCIATES

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O F V I R G I N I A

## PODIATRIC DIET FOR GOUT

(When either a foot or an ankle joint is the site of complaint)

Beverages and Foods that should be avoided (especially during an acute attack)

|                             |                                  |
|-----------------------------|----------------------------------|
| Sweetbreads (glands, tripe) | Meat Extracts (beef gravies)     |
| Anchovies                   | Chocolate                        |
| Sardines                    | Beer                             |
| Liver                       | Wine                             |
| Kidneys                     | Seafoods (especially shell fish) |

Restricted to one and only one serving per day (not during an acute attack):

|                                      |         |
|--------------------------------------|---------|
| Meats ( especially<br>Beef and pork) | Lentils |
| Fish ( especially<br>Shell fish)     | Fowl    |
| Beans (any member of bean family)    | Coffee  |
| Peas                                 | Tea     |
| Chocolate                            | Whiskey |
| Carbonated Beverages                 |         |

Unlimited Quantities Allowed: (unless instructed by another medical care giver)

Vegetables (other than those previously mentioned above)  
Milk  
Cheese (Unless restricted because of heart, circulatory,  
Eggs or other high cholesterol disease present)  
Cereals  
And other foods not previously mentioned as restricted

Must do:

1. Drink eight glasses of water daily. This will help avoid kidney impairment.
2. Report to office at appointed time for any follow-up care indicated.
3. Report immediately to this office any sign of an oncoming attack—redness, Pain, swelling, etc.
4. Take prescribed medication as directed by doctor.
5. If foot appliances were prescribed, please wear them as directed by doctor.
6. Your family physician will be informed and you should follow up as she/he sees fit.

Dr. Feld will provide treatment for the acute attack and will coordinate your treatment with your other medical providers in a continued effort to provide you with the treatment you deserve.