

Modern Day Nutrition

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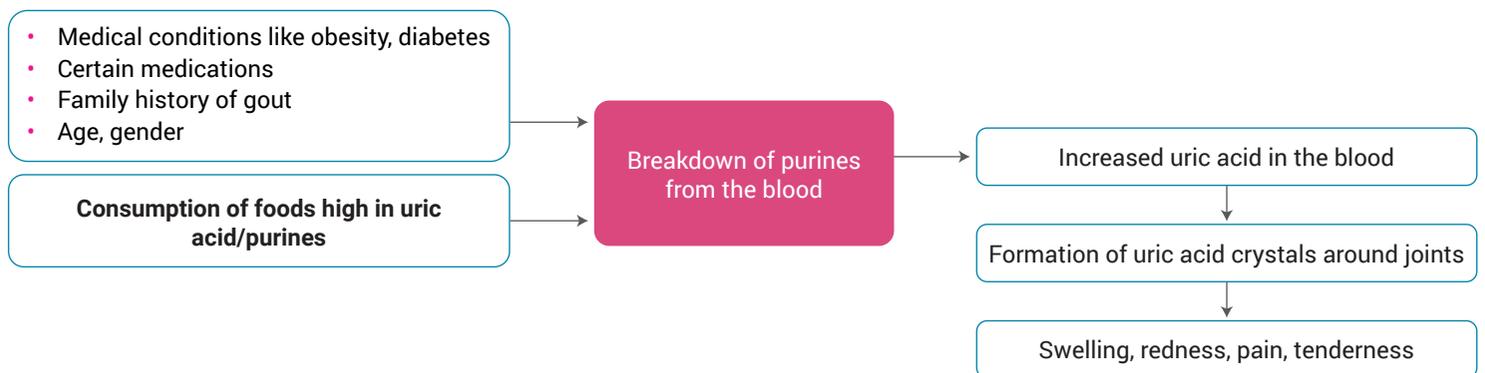


It is an inflammatory type of arthritis that affects the joints causing severe attacks of pain and swelling. Although it can be easily managed by medication, good nutrition plays an important role in keeping the flares at bay.¹

This month's edition of Modern Day Nutrition will help you discover how the right food can act as an adjunctive therapy to medication in the management of gout.

WHAT IS GOUT?

Simply put, gout is a chronic condition that is the result of a build-up of uric acid crystals in the joints, causing pain, swelling and inflammation.^{2,3}



IMPACT OF FOOD ON GOUT

Food is one of the major triggers of gout attacks. Research shows that restricting foods with high purine content, along with the right medication, can be very effective in preventing gout flares.²

GOUT DIET: WHAT'S RIGHT AND WHAT'S NOT?

If you have been diagnosed with gout, certain foods can trigger attacks due to their impact on uric acid levels.¹

The general principles of a gout diet involve weight loss, complex carb consumption, plenty of water and lean protein.³

Goals for a gout diet plan³

- Avoid foods that can trigger gout attacks
- Include foods that can control uric acid levels
- Consume a well-balanced, nutritious diet that can help reduce weight

UNDERSTANDING PURINES

Purines are chemical compounds found in food that can be broken down into uric acid when metabolized. Normally, purines break down into uric acid, dissolves in the blood and is passed through the kidneys into the urine for elimination. However, in people with gout, uric acid is not eliminated by the kidneys, leading to its build-up in the blood (called hyperuricemia).²

PURINE RICH FOODS

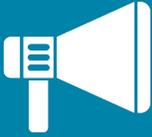
According to American College of Rheumatology, a diet with excessive purine content will trigger gout.²

Avoid	Limit	Consume daily
 Seafood	 Yeast	 Plenty of fluids, especially water
 Alcohol	 Fruit juices	 Pulses, legumes
 Organ meats	 Refined flour and its products	 Low fat milk and milk products
 Bacon, turkey, lamb	 Chicken	 Whole grains
	 Milk	 Sweet potato
	 Plant based oils	 Fruits and vegetables

Plant proteins (like beans, legumes and pulses) help you meet your daily protein needs without increasing the risk of gout flares. In addition, fruits and veggies which are rich in vitamins and minerals can potentially reduce gout attacks.²

Certain vegetables (like spinach and peas) have a high purine content, but research has shown that they do not trigger gout attacks. On the other hand, beverages sweetened with fructose and sugar (high fructose corn syrup) which are not purine rich, are known to increase the risk of gout and gout attacks.¹

A good rule of thumb is to eat moderate portions of healthy foods.³



DID YOU KNOW?

Gout and diabetes are highly interconnected. Research has demonstrated that people with high uric acid levels are more likely to develop diabetes and vice versa. This can be attributed to many factors like obesity or inflammation.⁴



Studies have found that women with gout are 71% more likely to develop diabetes, while men with gout have a 22% times greater chance.⁴

References:

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