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## What you should eat if you have GOUT...

This brief diet guide will help in minimizing gout attacks. Follow the daily meal plan on the left, freely selecting from the food groups on the right. Follow exactly the portions as indicated for each meal

### Meal Plans

Breakfast		
Fresh fruit juice	½ cup	
Cereal	¾ cup	
Toast	1 slice	
Butter	½ pat	
Cream	2 tbsp	
Sugar	2 tsp	
Whole milk	½ cup	
Decaffeinated coffee		
Mid Morning		
Meritene Nourishment**	1 serving	
Luncheon		
Eggs	2 medium	
Vegetable		½ cup
Unsweetened fruit salad	½ cup	
Bread	1 slice	
Butter	1 pat	
Sherbet	½ cup	
Skim Milk		1 cup
Midafternoon		
Meritene Nourishment**	1 serving	
Dinner		
Fruit juice		½ cup
Cheese	2 ½ oz.	
Or meat twice weekly	2 ½ oz	
Potato	½ cup	
Bread	1 slice	
Butter	1 ½ pat	
Dessert	4 oz.	
Decaffeinated coffee		

\*\*About Meritene Nourishments: The two Meritene Nourishments are an essential part towards the nutritional value of this diet. If omitted the nutritional balance of this diet is destroyed.

Meritene is available at your local Pharmacy or grocery store.

#### How to Prepare Meritene:

For each serving: Pour 1 cup (8oz.) of skim milk into an oversized container or tall glass. Add 4 level measuring tablespoons of Meritene while stirring vigorously, or use a shaker. Always pour milk into the container first, then add the Meritene. Serve cold or hot, but do not boil.

### Guide to Food Selections

#### Breads and Cereals

All breads and cereals ( such as white bread, cream of wheat, etc.) are permitted EXCEPT those made from whole grain. Check the labels on breads and cereals.

#### Dairy Products

All milk, cheeses, eggs, butter and cream permitted in amounts indicated.

#### Fruits

All kinds permitted. Include citrus fruit daily.

#### Desserts and Sweets

All custards, puddings, cakes, ice cream, pies, cookies, fruits, gelatins, jellies, candy, honey, etc.

#### Vegetables

Restricted only as listed below. Include yellow and leafy green vegetables daily.

AVOID- asparagus, legumes, radishes, beans, mushrooms, spinach, celery, onions, lentils, green peas.

#### Potatoes and Substitutes

White potatoes permitted once daily. Rice, noodles, spaghetti or tapioca may be substituted for potatoes.

#### Meats

TWICE EACH WEEK ONLY... one 2 ½ ounce serving of beef, veal, lamb, pork or fresh fish. Chicken may be added occasionally.

AVOID ENTIRELY: anchovies, kidneys, sardines, brain, liver, sweetbreads, fish roe, salmon, thymus, heart.

#### SPECIAL ATTENTION:

1. IT IS IMPORTANT YOU AVOID ALL GLANDULAR MEATS. Except on the two days when meat is permitted, serve eggs, cheese, and cheese dishes as substitutes for meat.
2. AVOID coffee, tea, and cocoa. Use decaffeinated beverages.
3. AVOID alcoholic beverages of all kinds.
4. Limit your use of salt, spices and other seasonings.

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