

Patient Musculoskeletal Information Sheet

Gout – Lifestyle advice

1. Aim for an ideal body weight - avoid crash dieting and high protein/low carbohydrate diets
2. Eat sensibly -restrict the amount of red meat and avoid a high protein intake. Avoid excessive consumption of foods rich in purines (such as liver, kidneys, and seafood)
3. Drink alcohol sensibly – avoid binge drinking and restrict alcohol consumption to 21 units per week for men and 14 units per week for women, with at least two alcohol-free days a week
4. Avoid dehydration by drinking water (up to 2 litres/day unless there is a medical contraindication)
5. Drink skimmed milk or consume low-fat dairy products (up to 2 servings daily)
6. Limit consumption of sugary drinks and snacks.
7. Take regular exercise - avoid intense muscular exercise and trauma to joints
8. Stop smoking
9. Consider taking vitamin c supplements