Recipe Recommendations for Gout Sufferers

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Gout Recipes

If you are a gout sufferer, you know there are some dietary restrictions for this condition. However, you can still enjoy your meals because there are plenty of delicious recipes that include gout-friendly ingredients. Let’s review the foods that you should include in your gout diet recipes and the ones you should avoid.

Foods you can enjoy, foods you should avoid

Vegetables and legumes are beneficial for everyone- they are low in calories, and are loaded with antioxidants that can help decrease the inflammation associated with gout. You can consume them fresh, steamed or baked in the oven.

Meats are high in purine, and many of them have high amounts of fat as well. You can have some chicken, duck and quail one meal a day (or about 4 to 6 ounces). Eggs and some low fat dairy products can also be incorporated in your daily diet.

On the other hand, you should limit or even avoid red meat (beef, pork and lamb), fatty fish and seafood (like tuna, shrimps, lobsters and scallops).

Avoid foods sweetened with high fructose corn syrup (such as soft drinks and fruit juices), complex carbohydrates (found in white bread and baked sweets), and choose instead healthy carbohydrates found in whole grains, fruits and vegetables.

Also avoid alcoholic beverages, chocolate drinks, and drink filtered water or herbal teas (except green or black teas) instead. You don’t have to give up your coffee in the morning, as studies show it is actually beneficial for gout.

Sample menu:

Breakfast

Combine 5 almonds with one apple, one medium banana, one cup of 2% yogurt (or almond milk), one teaspoon of ground flax and a dash of cinnamon in a blender, and blend until smooth. Place this mixture in a bowl, and combine with 1/3 cup of gluten free cereals (i.e. quinoa, millet, rice, and amaranth).

Lunch

Prepare a sandwich using 2 slices of whole grain bread, 2-3 ounces of oven baked chicken , lettuce, tomato, and red bell peppers. As an alternative to the popular mayonnaise or fat spreads you can use mashed avocado, chickpea humus or coconut oil. Serve with carrot, celery sticks or a vegetable soup.

Dinner

Brown rice with vegetables (one serving): heat ½ tablespoon olive oil in a pot. Add ½ green bell pepper (cored, seeded, diced) , ½ cup acorn squash (diced) ¼ cup yellow onion (finely diced) and cook stirring until the vegetables are soften. Add ¾ cup of brown rice and stir to coat the rice. Add enough water to cover the rice by 1 inch, cover the pot and cook until the rice is tender. Serve with lettuce or sliced cucumber.

Snacks

Tortilla chips with salsa or humus, fruits (especially cherries, berries, banana and apples), and vegetables (cherry tomatoes, carrots, celery sticks, bell peppers), nuts and seeds can make a great snack.

Other dietary considerations

Beside the well known dietary restrictions for gout, University of Maryland Medical Center suggests to test and eliminate potential food allergens (i.e. dairy, gluten, preservatives, and additives). Ask your doctor to test you for foods sensitivities and adapt your diet accordingly.