



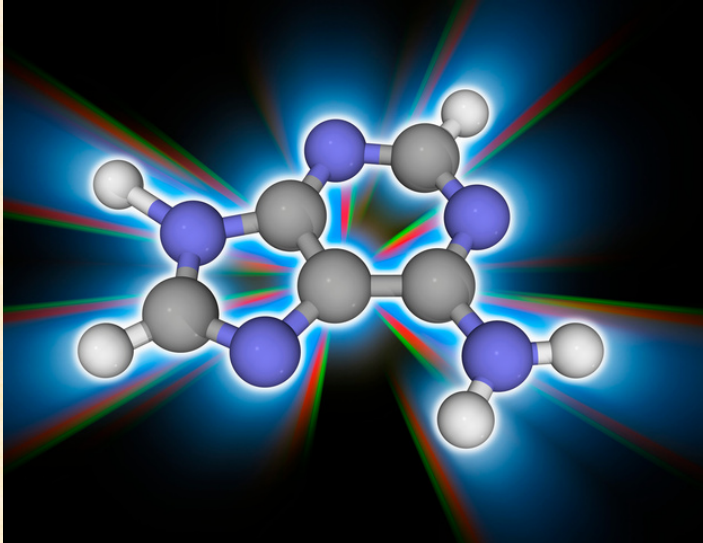
FOCUS ON DIETARY PREVENTION TO PREVENT CHRONIC DISEASES

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LOW PURINE DIET

Defined and Explained.



URIC ACID

High Uric Acid Comes From:

- High Purine Diet
- Being Overweight/Obese
- Increased Alcohol Intake
- Certain Medications

HIGH PURINE FOODS (TO AVOID)

- Organ Meats
- Red Meat
- Seafood (shellfish, sardines)
- High Fructose Syrup
- Alcohol (especially beer)

PURINE

-Chemical compounds in the body used to make DNA/RNA

-Found in certain foods

-When broken down by the body, uric acid is formed.

WHY DOES THIS MATTER?

High Uric Acid Can Cause:

- Kidney Disease
- Elevated Blood Pressure
- Diabetes/Metabolic Syndrome
- Gout

LOW PURINE FOODS (TO EAT)

- Lean Proteins
- Eggs
- Legumes
- Nuts
- Fruits
- Vegetables
- Whole Grains