



DIETARY ADVICE TO REDUCE URIC ACID IN THE BODY

Uric acid is one of the causes of gout and of some kidney stones. Both very painful conditions and if your Doctor diagnoses either one of these they will recommend you follow the following guidelines to your diet:

✔ Drink more water

Drinking plenty of fluids helps your kidneys flush out uric acid faster. Your kidneys filter out about 70% of the uric acid in your body.

✔ Limit purine rich foods

Uric acid is a natural waste product caused by the digestion of foods containing purines. Reduce how much purine rich foods you eat:

- + Red meat
- + Sweetmeats – organ meat
- + Fish
- + Shellfish
- + Poultry

✔ Reduce your sugar intake

Fructose is a natural sugar in fruit and honey. As your body breaks down fructose it releases purines and increases uric acid levels. Fructose in drinks is absorbed quicker than sugars in whole foods so spiking your blood sugar and leading to higher levels of uric acid.

Avoid sugary drinks, not just fizzy drinks loaded with sugar or high fructose corn syrup but also fruit juices. Eating fruit along with its fibre is much better.

Drink water, coffee or green tea, all without sugar.

✔ Avoid alcohol

It makes you dehydrated and it increases the metabolism of nucleotides. These are a source of purines that are being turned into uric acid. While all alcohol contains purines, some are higher than others, beer being one of those.

✔ Manage weight

Excess body fat contributes to elevated uric acid levels. If you need to lose weight, then follow our tips on improving your diet and modify them with the guidance in this section to reduce uric acid in the body.

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