Gout is a type of arthritis:
• Gout affects more men than women.

Dietary recommendations to help manage gout include:
• Fluids should be plentiful, especially water and non-alcoholic beverages, with 8 to 12 glasses per day
• Complex carbohydrates should be plentiful (such as fiber-rich whole grains, fruits and vegetables)
• A variety of foods should be eaten, including calcium-rich foods and beverages such as low-fat or fat-free milk and yogurt
• Dietary protein should be moderate, with limited intake of red meats and seafood
• Fat calories should be moderate (no more than 30% of total calories), and with only 10% or less of total calories from animal fats
• Cholesterol intake should be no more than 300 mg per day
• Gradually lose ten (or more) pounds of excess weight. Reduce the calories you eat and increase your physical activity.
• Reduce foods containing high amounts of purines, such as:
  • Beer and liquor
  • Anchovies, sardines, herring, mackerel, scallops, mussels, fish eggs
  • Meat extracts, gravies and organ meats (such as liver, kidneys, brains, sweetbreads)
• Talk with your health care provider before taking any dietary supplements.