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.
Dietary recommendations for people living with gout:

- 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.