

## GOUT DIET

Type of food	ALLOWED FOOD	NOT ALLOWED FOOD
meat and fish	small amounts of meat and fish, beef, chicken, all kind of fish (do not eat fatty parts)	all kind of meat in acute exacerbation, fish and salams
milk and products of milk	milk, joghurt, sour milk, cow cheese, butter, all kind of cheese	milk with high percentage of fats
fruits and vegetables	All kind of fruits and vegetables (beet, beetroot, carrot)	spinach, mushrooms, bean, lentil, peas, asparagus, fry potatoes
Bread and grains	150g of bread daily, tost, pasta, boiled potatoes, rice	Yeast, corn and rye bread
Spaces, fats and oils	Plant fats	Animal fats
sweets	honey and sugar max 50g daily, eat sweets moderately	
Juices and alcohol	Fruit juices, tea, compote, minimum 3l of liquids daily	Alcohol (specially red wine)

Yours,

MEDKOM 

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