



*The Medical **Bulletin***

Diet Corner

Diet for Hyperuricemia

- Protein restriction is not required for patients with high Uric acid
- Certain high Purine foods like fish, red meat etc. increase uric acid
- Restriction of dals, pulses is not recommended in patients with uric acid
- Alcohol intake, especially beer and liquor increases uric acid
- High intake of highly refined carbohydrates like sugar, jiggery, Maida, excessive consumption of white rice is not recommended in patients with high uric acid
- Consumption of Vitamin C rich fruits like amla, oranges or Vit C supplements should be encouraged in individuals with high uric acids

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